



SAUSAGE AND BEAN CASSEROLE

This recipe was shared with us by Food Savvy Champion Vicky. She loves this recipe because it makes a few ingredients go a long way.

INGREDIENTS

(serves 4-6)

- 2 tbsp oil
- 6 sausages, or a pack of sausage meat
- 1 onion, finely diced
- 1 clove garlic, finely chopped or crushed
- 1 stick celery, finely diced
- 4 medium carrots, finely diced
- 400g tin chopped tomatoes
- 400g tin baked beans

FOOD SAVVY TIP

Freeze leftover mashed potato in bags and use it for bubble and squeak or shepherd's pie topping.

METHOD

- 1 Heat the oil over a medium low heat.
- 2 Gently fry onions for 2-3 minutes.
- 3 Add celery and fry for a further 2-3 minutes.
- 4 Add carrots and fry for another 2-3 minutes.
- 5 Add garlic and fry for 2-3 minutes more.
- 6 Squeeze the sausages out of the skins into around 6 small balls per sausage. Or roll your sausage meat into 10p sized balls. Add to the pan and fry for 10 minutes or until starting to lightly brown.
- 7 Add the baked beans and chopped tomatoes. Stir and leave to simmer on a low heat for 45-60 minutes or longer if using a slow cooker, stirring occasionally.
- 8 Serve with mashed potatoes or crusty bread.

FOOD SAVVY TOP TIPS



PLAN

Take a moment to think about the week ahead, make a plan and stick to it so you only buy what you need.



STORE

Don't ignore where to store! Follow packaging guidelines and make friends with your fridge and freezer.



SHOP

Make a list or take a "shelfie" and only buy what you need.



PORTION

Get your portions right and your purse will see the benefit. Weighing scales are a great tool to help you.



KNOW YOUR DATES

Best Before date - food is still perfectly good to eat after this date.

Use by date - relates to food safety.

Food should not be eaten after this date.



LEFTOVERS

Leftovers also make great lunches and keep in the fridge for two days.

