



Smoky Sausage Casserole

Smoky sausage casserole is perfect for a chilly autumnal or winter's evening meal curled up in front of the fire. It's easy to prepare and can be cooked on the slow cooker or on the stove. The smoked paprika and chorizo sausage offer a welcome smoky undertone to this delicious sausage casserole.

The thyme and spices bring out the depth of flavour while the peppers and tomatoes add a welcome freshness to the meal. Serve with your favourite pasta or with crusty bread.

Ingredients: Serves 4 as a main course

8 high quality sausages (I use Lincolnshire sausages)	1 tbsp red wine vinegar
6cm piece chorizo sausage, halved lengthways and sliced	1 tbsp Worcestershire sauce
1 tbsp coconut oil (for cooking on the stove)	¼ glass dry vermouth or dry white wine
400g tin chopped tomatoes	2 tsp chopped thyme
2 red onions, chopped	2 tsp smoked paprika
4 cloves garlic, chopped	½ tsp ground cumin
4 peppers, colour of your choice, chopped	½ tsp ground fenugreek

To cook on the stove:

Melt the coconut oil in a large frying pan then add the onions and fry on a medium heat for 5 minutes until they begin to soften. Add the garlic, sausages and chorizo. Fry for a further 10 minutes on a medium heat until the sausages are beginning to brown. Alternatively barbecue or grill the sausages for a healthier option.

Add the vermouth or wine and reduce until nearly vanished. Add the tinned tomatoes, thyme, spices, red wine vinegar and Worcestershire sauce and bring to the boil. Simmer with the lid on for a further 40 minutes then serve with crusty bread or alongside your favourite pasta.

To cook in the slow cooker:

Brown the sausages before placing in the slow cooker. Add the browned sausages and all the ingredients to the slow cooker. (You won't need the coconut oil). Cover with the lid and cook on high for approximately 5 hours.

Serve with fresh, crusty bread or alongside your favourite pasta.

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