



We had some Casserole stock in the freezer from a previous meal and also some giant Yorkshire Pudding. Waste not Want not etc! This is an ideal slow cooker dish, but it will work just as well in a covered casserole dish in the oven on a low heat.

Ingredients-

Casserole gravy
A Handful of Kale
1 Onion, sliced
1 Stick of Celery, chopped
¼ or a Celeriac, chopped
1 Carrot, chopped
3 small Potatoes, cubed
Handful of Baby Sweetcorn, chopped
5 Mushrooms, chopped
2 cooked sausages, sliced
400g Kidney, chopped and coated in seasoned flour
Red and Green Lentils
Mixed dried Beans & Peas

Seasoning-

Salt & Pepper
Onion Salt
Garlic Salt
Paprika
Mixed Herbs

Dried Rosemary

Chilli Flakes

Method-

- (1) Soak the Lentils, Beans and Peas in salted water with 1tsp of Bicarbonate of Soda and a little Cider / White Wine vinegar to release the starch.
- (2) In a large pot add the Onion, Celery, Carrot, Potatoes, Celeriac, Sweetcorn to enough water to cover. Add the seasonings and simmer for 20 minutes.
- (3) Add the Casserole gravy, stir to combine and cook on a low heat.
- (4) In a frying pan cook the Kidney in a little oil until the oil has absorbed the flour.
- (5) Add to the casserole and stir in.
- (6) Transfer everything to a casserole dish or Slow Cooker.
- (7) Drain the Lentils, Beans and Peas and rinse. Add to the casserole.
- (8) Cook for a further 20 minutes.
- (9) Finally add the Mushrooms and Sausage and cook until the Mushrooms have softened and combined into the casserole.

We served ours with blanched Kale on Yorkshire Pudding. Although we enjoy a bit of meat in our meals this casserole with all the legumes in it would have worked perfectly well without.