

# INGREDIENTS

- 6-8 sausages (beef or pork)
- 2 carrots (diced)
- 1 onion (sliced)
- 2 tbsp flour
- 2 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 tbsp malt vinegar
- 2 tbsp tomato sauce
- 2 cups boiling water (or stock)
- 2 large potatoes (optional, diced)

# INSTRUCTIONS

1. Brown 8 sausages in a frying pan remove and set aside.
2. Heat a large pot over a medium heat and add a tablespoon of oil. Add the sliced carrots and onions. When just beginning to colour add the sausages (and potatoes if using) and combine
3. Meanwhile, in a bowl mix together the flour, brown sugar, worcester sauce, malt vinegar and tomato sauce. Add 2 cups boiling water (or stock)
4. Pour over the sausage mixture, cover and cook on a low heat for 20 minutes or until the sausages (and potatoes) are cooked through
5. Season to taste

# TOP TIPS

Some curry powder and chilli make great additions to this dish!

If you are cooking for 1 or 2 this makes quite a large portion so is great for freezing. If you do plan on freezing your leftovers, leave out the potatoes and cook some fresh to have on the side - their consistency isn't the best after being frozen.



## Nana's Sausages

Original recipe submitted by Meryl, Hamilton



4 servings



40 minutes

This recipe came from Meryl's grandmother, hence the name "Nana's Sausages".

The recipe is well over 100 years old and although very simple to make, it is delicious and will likely remind many of their own Grandmothers' cooking.

This can easily be made into a one pot dish by adding some cubed potatoes (as Brett did) and other vegetables.