



Meat Casserole with Matakana Bell Pepper Sauce

A quick and easy recipe to put together, with good protein from the sausages and the chickpeas – a must try

Ingredients

- 1 kg Sausages or stewing meat, cut into cubes
- [Wild Appetite roasted garlic Bread dipper \(Olive oil\)](#)
- 2 Sweet potatoes, peeled and cut into cubes
- 4-5 Carrots , cut into cubes
- 2 Stalks of celery, thickly sliced
- 1 Onion, diced
- 250ml [Wild Appetite Matakana Bell Pepper Sauce](#)
- 1 – 400g Can of chickpea, drained(optional)
- 125ml Beef stock or beer
- 2.5ml Dried rosemary
- 2.5ml Dried thyme
- Salt and pepper to season



Method

Cut sausages into 25mm (1 inch) slices.

Sauté the onion and celery in the [Wild Appetite roasted garlic Bread dipper \(Olive oil\)](#), brown the sausage pieces and add the carrots, sweet potatoes and herbs

Add the [Wild Appetite Matakana Bell Pepper Sauce](#), chickpeas and stock/beer and allow to simmer until all the vegetables are tender and the sauce slightly thickens

This recipe works very well in a slow cooker.

Serve with steamed rice or creamy mashed potato