

Vegan Sausage & Bacon Casserole



Ingredients

- 600g plant-based sausages
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, sliced
- 200g vegan bacon, diced
- 2 tbsp soy sauce
- 2 tbsp maple syrup
- 400g canned diced tomatoes
- 1 cup water
- 3 tbsp gravy powder
- 1 tbsp fresh parsley, chopped
- 1/2 cup frozen peas

Method

- Cook sausages in a frypan as per packet instructions. Set aside and cut sausages into quarters.
- Heat oil in a pot on medium heat and add onion, garlic, carrots, and bacon. Cook until lightly browned.
- Reduce heat and mix in soy sauce, maple syrup, diced tomatoes, water, and gravy powder. Allow the sauce to thicken up a little before adding parsley, frozen peas, and previously cooked sausages. Cook for a further 5 minutes.

