

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

HOT DOG CASSEROLE

39



HOT DOG CASSEROLE



INGREDIENTS

- 1 onion
- 3 medium potatoes
- 2 tbsp vegetable oil
- 2 mugs of cold water
- 3 tbsp reduced salt gravy granules
- ¼ white cabbage
- 1 tin of hot dogs [approx.8]
- 1 tin of white beans [cannellini, haricot or butter beans]
- 2 tbsp brown sauce
- 1 tbsp mustard [English, Dijon or American]



An easy family dish with all the flavours and comfort of a hearty stew, ready in just a fraction of the time.

METHOD

01

Start by peeling and roughly slicing the onion, then peel the potatoes and cut them into chunks.

02

Heat the vegetable oil in a large saucepan over a medium heat. Once hot, add the onions and cook for 8-10 minutes, stirring frequently until softened and golden brown - a bit like hot dog onions.

03

Add the potatoes and 2 mugs of water and bring it up to a simmer so it's bubbling gently, then add the gravy granules and stir until the sauce starts to thicken. Leave it bubbling gently at a simmer for 10-12 minutes until the potatoes are almost cooked.

04

Roughly slice up the cabbage, then drain the hot dogs and cut them in half, and drain the beans. Add this all to the pan and stir it together to allow everything to heat through, then the cabbage will start to wilt. Stir in the brown sauce and mustard.

05

Once it's all combined and bubbling away, spoon into bowls and dig in!



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Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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