



Food For Thought Recipe and Allergen Card

Cowboy Casserole

100 Portions

Ingredient	Hannah Product Code	Quantity
Sausages		100
Bacon		2.25k pack
Baked beans	D002070	2 x 2.5k tin
Chopped tomatoes	D002052	1x 2.5k tin
Sterling BBQ Sauce	D001380	To taste
Onion- Diced		1k
Garlic – Diced		5 cloves
Mixed herbs	D001161	1 tbsp
Olive oil	D001010	For frying

RECIPE METHOD – ALLERGENS

1. Cook sausages until browned and at least 75°C
2. Cook bacon on a baking tray until 75°C
3. Allow both to cool slightly before slicing
4. In a heavy bottomed sauce pan heat enough oil for frying
5. Add the diced onion cook for 2 minutes stirring well
6. Add the garlic and cook for 1 minutes, then add the mixed herbs
7. Add the chopped tomatoes and cook for 5 minutes
8. Add the baked beans
9. Add the cooked bacon and sausage
10. Add BBQ sauce to taste
11. Bring to a simmer and allow to cook for 40 minutes, adjusting consistency if necessary

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...