

Sausage and Noodle Casserole



Serves	6
Prep time	10 minutes
Cook time	30 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Serve Hot
Region	German

Ingredients

- 500g FAILSAFE Sausages (Approximately 6, refer to note)
- 600g cabbage (thinly sliced)
- 1 Large leek (thinly sliced)
- 1/4 cup home made stock (Refer to recipe)
- 2 cups sour cream
- 3/4 teaspoons salt
- 200g noodles

Optional

- 1 Large carrot (grated)

Directions

1. In a large pan cook the sausages over medium heat until cooked through. Remove the sausages and chop them into 4 - 6 pieces each.
2. Drain any excess oil from the pan then add the sausages back in, along with the cabbage, leek and carrot and mix well. Pour the stock over the top then cook over medium-high heat for 10-15 minutes, until the vegetables are tender.
3. Reduce the heat and stir in the sour cream and season with salt. Cook over low heat until the sour cream is heated through.
4. Meanwhile, cook the noodles and drain.
5. Transfer the sausage casserole to a large serving dish. Add the hot noodles and toss through.
6. Serve hot.

Note

Low / Moderate Salicylates, Low Glutamates, Low Amines

This recipe can be made Low Chemical / FAILSAFE by leaving the carrot out.

You can use any type of noodles

Refer here for my [home made stock recipes](#) and the [butcher's recipe for FAILSAFE Sausages](#).

Avoid browning the sausages if amines are a problem, adding a bit of water to the pan can help with this.