Ronnie Bailey’s END OF WEEK VEGETABLE CASSEROLE

Filkin based Ronnie’s recipe uses ‘odds and ends’ of vegetables leftover from your last shopping trip. Use a mix of vegetables. ‘Tired’ vegetables are fine but greens do not work well in this recipe.

Ingredients

- 1 large onion
- 1 tin of chopped tomatoes
- Salt and pepper
- Stock cube
- Small amount of water (if needed)
- Any of the following: Carrots, parsnips, swede, celeriac, leeks, celery, potatoes and sweet peppers (please note: these should not have been previously cooked)

Method

1. Pre-heat the oven to 160°C/325°F/gas mark 3.
2. Cut up all the vegetables into 2cm pieces.
3. Chop and sauté the onions in a casserole dish.
4. Add the rest of the vegetables to the casserole dish and sauté for a couple more minutes.
5. Add the tin of tomatoes, salt and pepper (to taste) and the stock cube.
6. Cook in the oven for about 30 minutes, check and add water if necessary. Then leave for a further 10 minutes.
7. Serve with crusty bread. You could also let leftover cheese melt over the top.

For an Italian flavour, add garlic and herbs.
For a Mexican touch, add cumin and chilli.
For Hungarian goulash, add caraway seeds and paprika.
For a more filling meal, add dumplings.