



# Cowboy Casserole

SERVINGS: 4

Per Serving: 364 kcal 28.6 g protein

## Ingredients

2 medium onions, thinly sliced  
340 g can of corned beef  
450 g cooked potatoes, sliced  
400 g can baked beans  
2 tbsp Worcestershire sauce  
Large pinch mixed herbs  
1 beef stock cube  
Black pepper



## Directions

1. Preheat oven to 190 °C.
2. Spread half of the onion slices over the base of a 3 pint casserole dish.
3. Cut the corned beef into 8 slices and lay 4 slices on top of the onion.
4. Add half of the potato slices on top.
5. Drain the baked beans (reserving the tomato sauce) and spread them over the potato.
6. Add remaining onions, followed by the corned beef slices and then the potatoes.
7. Add the Worcestershire sauce , stock cube, herbs and pepper to the reserved tomato sauce and make up 200 ml with boiling water.
8. Pour over the casserole.
9. Cover with a lid and bake for 35-45 mins.
10. About 10 mins before the end, remove the lid so the potatoes go brown and crispy (if desired, and if not serving to dysphagia patients).

*Ground almonds, soy and/or pea protein powder could be added to fortify the dish further.*

