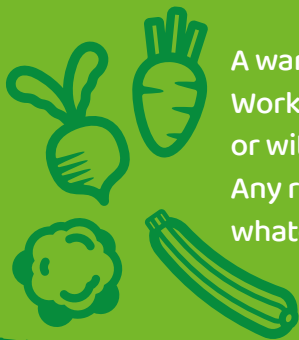




Hearty Stew

A warming stew all the family will enjoy.
Works well just with vegetables and pulses –
or with sausages, meatballs, chicken, or tinned meat.
Any root vegetables can be used, so just throw in
whatever you have in your kitchen



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Allergen info

- * Celery – stock cube
- * Gluten – sausages/ frankfurters/ meatballs (wheat)

Equipment

Knife, chopping board, saucepan, frying pan, wooden spoon

Ingredients

- 2 tablespoons (tbsp.) of oil
- 1 large onion, peeled and chopped
- * 8 sausages/ frankfurters/ meatballs
- 1 tin lentils or beans (or 175g dried lentils well rinsed)
- 1 x 400g tin tomatoes
- * 1 stock cube (any)

You can use any veg but we suggest:

- 2 carrots sliced
- 1 parsnip (or any root veg) sliced

Optional Extras

- 2 cloves of garlic, chopped
- 1 teaspoon dried herbs or chopped fresh herbs
- Salt and pepper to season
- Any extra vegetables you have to hand

Method

 Serves 4



1

In a large saucepan, fry the chopped onions until soft (about 5 minutes)



2

Add the sliced carrot and parsnip and cook for another 5 minutes



3

Add the garlic, tomatoes, herbs and simmer



4

Meanwhile, brown the sausages (or other meat)



5

Add the lentils/beans straight from the tin. (If using dried lentils, add them with 100ml water). Crumble the stock cube into the pan and stir in well



6

Add the meat to the vegetables in the saucepan.



7

Cook on a gentle heat for about 30 minutes. Add seasoning



8

Serve with mashed, boiled or baked potato. Or with a chunk of bread on the side

