

Winter Vegetable Stew

Serves 4

Ingredients

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| 1 onion, chopped | |
| 2 cloves garlic | |
| 3 carrots | |
| 2 sticks celery | |
| 500g new potatoes | |
| 1 tin cooked kidney beans, drained | 1 tablespoon smoked paprika |
| 200g frozen beans | 2 teaspoons dried marjoram |
| Kale or cabbage, | 1 tin chopped tomatoes |
| 2 teaspoons cumin | 500ml vegetable stock |



1. Heat 1 tablespoon vegetable oil in a large saucepan and cook the chopped onion on a low heat until soft.
2. While the onion cooks, peel and crush the garlic. Add to the onion.
3. Peel and cut the carrot into small dice. Wash and chop the celery into similar sized dice. Cut the new potatoes into quarters.
4. Add the vegetables to the onion, stir, replace the lid and allow to soften over a low heat.
5. Stir in the cumin and smoked paprika.
6. Stir in the kidney beans, tinned tomatoes and vegetable stock.
7. Bring to the boil then simmer for 15 minutes until the vegetables are just cooked.
8. Stir in the chopped kale and frozen French beans. Continue simmering until cooked.
9. Check and adjust the seasoning before serving.