



## Simple stew

### from store cupboard ingredients



SERVES: 4

PREPPING TIME: 5-10 MIN

COOKING TIME: 20-25 MIN

### INGREDIENTS

- 1 tablespoon oil
- 1 onion
- 1 clove or 1 teaspoon garlic (fresh or dried)
- 2-3 teaspoon mixed herbs
- 1 tablespoon tomato purée
- 400g tin chopped tomatoes
- 1-2 tins of vegetables, e.g. carrots, sweetcorn or peas
- 400g tin beans, e.g. kidney or butter beans
- 100ml / ½ mug water
- 1 stock cube

### DIRECTIONS

1. Peel & finely chop onion & garlic
2. Heat pan on medium heat, add oil & fry onions gently for 7 minutes, until soft.
3. Add the garlic / herbs & cook for 1-2 minutes
4. Add the tomato purée, chopped tomatoes, stock cube and water
5. Drain & rinse tinned vegetables & beans and add to pan.
6. Bring pan to the boil then turn down & simmer (lid on) for 15 mins until the stew has thickened.

Serve with couscous, rice or potatoes

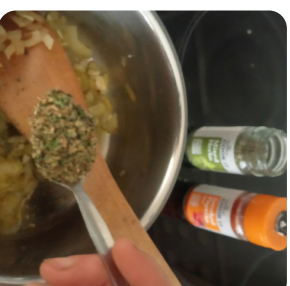
Add paprika for a hotter spicier flavour or oregano for a sweeter herb flavour

### Step-by-step

## Simple stew



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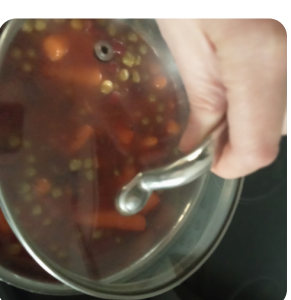
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