

POT LUCK **Somerset Stew**



Ingredients - Serves 2:

1 onion peeled and chopped
1 carrot scrubbed and diced
1 leek cleaned and chopped
2 medium potatoes scrubbed and cut in chunks
1 large clove garlic-peeled and finely chopped
1 tbsp tomato puree
1 tin chopped tomatoes
1 tin butter beans or black eyed beans
200ml apple juice
1 vegetable stock cube and some fresh or dried thyme
Cooking oil
Sausages - 1/2 per person (optional)

Method:

1. Heat oil in large pan and fry onions, carrot, leek and garlic until soft but not brown.
2. Add tomato puree, chopped tomatoes, stock and apple juice then bring to a steady simmer.
3. Next add potato chunks and cook until potatoes are tender.
4. Lastly add beans and bring back to a simmer.
5. If adding sausages cut each sausage into 4 and brown the chunks for 5 minutes in a pan. You can add to each portion as you serve or if everyone likes meat add them to the pot.