



THURSDAY
DINNER

TETROGEN

Prep Time: 30 Mins

INGREDIENTS

1 large onion
3 cloves of garlic
1 carrot
1 red pepper
1 yellow pepper
1 courgette
3 potatoes, unpeeled
200g mushrooms (2 good handfuls)
2 teaspoons oil
Sea salt
1 x 400g tin of pinto beans/ borlotti beans/butter beans
1 x 400g tin of chopped tomatoes
800ml vegetable stock
3 tablespoons tomato purée
2 tablespoons tamari/soy sauce
1 tablespoon ground cumin
1 teaspoon ground cinnamon
1/2 teaspoon smoked paprika
1/2 teaspoon freshly ground black pepper
1 bay leaf

DIRECTIONS

1. Peel and finely chop the onion and garlic. Finely slice the carrot, deseeded peppers, courgette and potatoes. Chop the mushrooms into quarters.
2. Heat the oil in a large pot on a high heat. Add the chopped onion and garlic and cook for 2 minutes, stirring regularly. Add the carrot and a pinch of salt and cook for 2 minutes. Now add the peppers, courgette, potatoes and mushrooms and cook for a further 2 minutes, stirring regularly.
3. Next, drain and rinse the beans and add along with all the remaining ingredients. Bring to the boil, then reduce to a simmer for 10 minutes, stirring occasionally.

4. Taste if the carrot and potatoes are cooked - if so, your dinner is ready! Season with more salt and pepper if you think it needs it.