

## **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.

Tetrogen: Thursday - Dinner

