

We are ready.....

Mixed Bean and Root Vegetable Stew



Suggested portion

Size for recipe

1-2 years - 100g

3-4 years - 140g

Ingredients - Serves 5

Tomato and basil sauce	250ml
Onion, peeled	60g (1 small)
Parsnip, peeled	45g ($\frac{1}{2}$ small)
Carrot, peeled	60g ($\frac{1}{2}$ medium)
Vegetable oil	$\frac{1}{2}$ tablespoon
Garlic purée	$\frac{1}{2}$ teaspoon
Canned kidney beans, no added salt and sugar, drained	$\frac{1}{2}$ x 215g can (drained weight, 60g)
Canned haricot beans, no added salt and sugar, drained	$\frac{1}{2}$ x 215g can (drained weight, 60g)
Canned butter beans, no added salt and sugar, drained	$\frac{1}{2}$ x 215g can (drained weight, 60g)
Water	100ml

Method

1. Prepare the tomato and basil sauce following the recipe on page 26.
2. Chop the onion, parsnip and carrot into 2cm cubes.
3. Heat the oil in a large pan, add the onion and cook for 5 minutes until the onion softens.
4. Add the garlic purée, parsnips, carrot, beans, water and tomato sauce, bring to the boil and leave to simmer for 30-40 minutes until the vegetables are soft.