We are Ready......

**Mixed Bean and Root Vegetable Stew**

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**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 (½ small)

**Carrot, peeled** 60g (½ medium)

**Vegetable oil** ½ tablespoon

**Garlic purée** ½ teaspoon

**Canned kidney beans, no** ½ x 215g can

**added salt and sugar, drained** (drained weight, 60g)

**Canned haricot beans, no** ½ x 215g can

**added salt and sugar, drained** (drained weight, 60g)

**Canned butter beans, no** ½ x 215g can

**added salt and sugar, drained** (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.