



# Sundried Tomato, Kale & Butterbean Stew

## In the bag:

- Sundried tomatoes
- Onion
- Celery
- Carrot
- Garlic
- Stock cube/s
- Tin of tomatoes
- Spice bag
- Curly kale
- 1 tin of butterbeans

## You'll also need:

- Chopping board
- Sharp knife
- Small bowl
- Kettle
- Medium sized pot
- Wooden spoon
  
- 1 tbs. vegetable oil
- 400ml water (1 cans worth)

## Method:

- Slice the **sundried tomatoes** into strips and place in a bowl and cover in hot water from the kettle
- Wash all of the vegetables
- Chop the **onion** into small chunks, dice the **celery** and **carrot**, finely chop or slice the **garlic**, and chop the **kale** (cut the spine out if desired)
- In the pan, heat some **oil** over a medium heat and fry the **onion** gently until soft, stirring occasionally so it doesn't stick, add the **carrots** and **celery** and fry for another few minutes then add the **garlic** and cook for another two minutes – keep stirring
- Sprinkle in the stock cube then add the **sundried tomatoes**, the **tinned tomatoes** and a tins worth of water (use the water the water the **sundried tomatoes** were in, then the **spice bag** and bring up to a bubble then turn down to a simmer for five minutes
- Mix in the **kale** and cook for three minutes more
- Add the **butter beans** (include the water from the tin) and cook for five minutes more

## More about your Sundried Tomato, Kale & Butterbean Stew

If you like meat, this dish is delicious made with chopped chorizo or bacon. Just add it after the onions. You could replace the sundried tomatoes with meat or use both

This dish is delicious and nutritious as a stand-alone meal served with rice or couscous or as a side dish with meat or fish

Add a handful of fresh herbs such as parsley at the end and/or a squeeze of lemon juice

## This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **pipng hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

## Want to make it again? You'll need to buy:

- 6-8 sundried tomatoes
- 1 large onion
- 1 stick celery
- 1 large carrot
- 3 cloves of garlic
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 1 tin chopped tomatoes
- 1 tsp. each of mixed herbs and paprika
- 150g curly kale
- 1 tin butter beans

## Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking