

VEG BAG AND BEAN STEW WHEAT FREE & GLUTEN FREE VEGAN RECIPE

Preparation time 20 mins.

Cooking time 1 hour approx

INGREDIENTS

2 tbsp olive oil
1 medium onion, peeled and chopped
3 medium leeks, sliced
2 medium carrots,
1 medium parsnip
1 small kohlrabi
1 large potato
2 cloves garlic, crushed.
1 tbsp tomato puree
1 tin tomatoes
200g cannellini beans, cooked
300 – 500ml water
2 teaspoons vegetable bouillon
1 teaspoon yeast extract
2 or 3 sprigs fresh thyme

PREPARATION

1. Prepare the fresh ingredients. Peel the kohlrabi before chopping, scrub or peel the other veg. Chop the vegetables into fairly large chunks, or smaller if you prefer.
2. Heat the oil in an ovenproof pan and add the onion. Cook for 3-4 minutes then add the other veg, including garlic.
3. Cook for a couple of minutes until thoroughly mixed, then cover and reduce heat.
4. After 5 minutes increase heat and stir in tomato paste for a minute or two.
5. Add the rest of the ingredients, bring to the boil, then cover and transfer to oven.
6. After 35 minutes check for taste and consistency, adding more water or seasoning if preferred.
7. Cook for another 10-20 minutes until the vegetables are done to your liking.

For economy, use dried cannellinis, soaked for 4 hours then cooked for 1 hour. For a treat try the Monjardin organic precooked ones from Spain in glass jars. Serve with brown rice, buckwheat, bread or baked potato. Whatever you fancy.

N.B. Gluten free cooking requires care in selecting the ingredients, particularly processed and/or packaged foods. Check the ingredients list carefully, and use reputable brands. If in doubt, ask us about brands that we trust.

This Wheat Free Vegan & Gluten Free recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality gluten free and wheat free foods in London.

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