

# VEGETABLE HOTPOT



1/6 of the recipe contains

Energy	Fat	Saturates	Sugars	Salt
1056kJ 251kcal	4g	0.4g	13g	0.73g
13%	6%	2%	14%	12%

3.5 of your 5 a day

**Prep Time: 15 mins**

**Cooking Time: 60 mins**

**Serves: 6 Adults**

## Ingredients

- 1 large onion
- 450g potatoes
- 250g of celery
- 350g of carrots
- 350g of leeks
- 225g of mushrooms
- 1 tablespoon of vegetable oil
- 2 garlic cloves
- 1 x tin of tomatoes
- 1 x tin of kidney beans
- 1 x tin of chickpeas
- 600ml / 1 pint of low salt vegetable stock
- 1 tablespoon of tomato puree
- 1 teaspoon of chilli powder
- Black pepper to taste



## What you will need

- Casserole dish
- Chopping board
- Chopping knife
- Measuring jug (for liquids)
- Saucepan
- Sieve
- Wooden spoon



## Method

1. Preheat the oven to 180°C / 350 °F / Gas mark 4
2. Peel the onion, potatoes and carrots.
3. Chop all the vegetables and potatoes, rinse and drain the kidney beans and chickpeas.
4. Heat the oil in a saucepan, add the garlic and onion and cook for five minutes.
5. Add the chilli powder and cook for a further minute.
6. Add the potatoes, celery, carrots, leeks and mushrooms and cook for 3 to 4 minutes.
7. Stir in the stock, tomatoes, puree, black pepper and bring to the boil.
8. Transfer to a casserole dish, cover and put in the oven for 30 minutes.
9. Remove from the oven. Add the kidney beans and chickpeas, then return covered to the oven for a further 20 minutes.



Source: <https://www.safefood.net/recipes/vegetable-hotpot>

