

OLD JOE'S KAIA COUNTRY HAVEN

Physical address: N4 Schoemanskloof Road
Mpumalanga, South Africa
Tel: +27 (0)83 229 3751
+27 (0)72 261 3519
Website: www.oldjoes.co.za
E-mail: info@oldjoes.co.za



THE SEEDLING

vegan restaurant

LENTIL & BEAN STEW

for 6 people

Prepare 500 g dry brown lentils as follows:

- Cover in cold water and soak for at least 2 hours or overnight
- Drain and rinse under cold water to clean
- Put in a pot, cover with cold water and get to boil for 2 minutes
- Drain and rinse again
- Put in a pot, cover with cold water and boil until soft, ±20 minutes
- Drain and set aside

While the lentils are boiling, prepare the following vegetables, chop all into medium-sized blocks and keep each one separate:

- 2 medium onions
- 4 garlic cloves
- 3 ripe tomatoes
- handful green beans
- 2-3 medium carrots
- 2 medium potatoes

Fry in a little oil in a large pot:

- chopped onions
- garlic
- 15 ml curry powder (Rajah)

Then add the following prepared vegetables to the pot and cook slowly until the potatoes are soft:

- chopped tomatoes
- green beans
- carrots
- potatoes
- cooked and drained lentils

Then add the following and heat through:

- 1 tin baked beans
- 1 tin chick peas

Just before serving, thicken with some Bisto and add 1 or 2 vegetable stock cubes. Serve with rice.