
Cam's Bean and Vegetable Stew

Western | Main Course | Makes heaps!

Ingredients:

3 cups	Soup Mix	
½ cup	Chana Dal	
6 medium	Potatoes	(chopped)
2 medium	Brown Onions	(chopped)
3 Tbsp	Ginger	(diced)
2 Tbsp	Garlic	(diced)
1	Chili	(diced)
1 large	Zucchini	(chopped)
2 Tbsp	Tomato Paste	
1 tsp	Tumeric	
1 tsp	Coriander Seed	
2 tsp	Smoked Paprika	
2 Tbsp	Mushroom Ketchup	
4 tsp	Vegetable Stock	
4 tsp	Chicken Stock	
2 tsp	Salt	
½ tsp	Cumin	
3 drops	Liquid Smoke	
1 Tbsp	Margarine	
	Pepper	



Directions:

Combine the soup mix and chana dal and soak for several hours.

Drain the soup mix and set to boil for about 30 minutes.

Add the potatoes and continue boiling for about 30 minutes.

Add all the other ingredients and cook just below boiling until beans and potatoes are soft.

Notes:

I tend to use a soup mix that is heavy on lentils rather than beans, but whatever you prefer.

Prep Time: 20 min | **Cooking Time:** 90 min

Source: Cam