

# Roasted Veg Stew

Veggies have never tasted so good.

This recipe is a great way to get rid of stuff you have hanging around the fridge or cupboards. And the beauty about this recipe is that you can pretty much use any veg you have left.



**Serves:** 4

**Prep Time:** 15 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 1 hour 30 minutes

## Ingredients

- 1 butternut squash, peeled and cut into bite-size pieces.
- 2 peppers, roughly chopped (any colour).
- 1 sprig of fresh rosemary, chopped.
- 1 tbsp of Dijon mustard or whole-grain.
- 2 tbsps of red wine vinegar.
- 2 tbsps of honey.
- 1 onion, diced.
- 1 tsp of dried thyme.
- 4 potatoes, peeled and cut into bite-size pieces.
- 1 chicken stock pot.
- 2 x 400g of tin chopped tomatoes.
- 400 g tin of black beans or any beans.

## Method

- Into a roasting tray add the butternut squash, peppers, rosemary, mustard, vinegar, honey, season with salt and pepper and a nice drizzle of olive oil. Mix well, pop into a preheated oven set at 160°C for 1 hour or till tender. This stage can be done in advance.
- To a casserole dish add the onions, potatoes, thyme and season. Pour in a drizzle of oil and cook over a medium heat till the onions are soft, around 7 minutes.
- Next, add the tomatoes then fill the 2 empty tins with boiling water and pour that in. Add the stock pot, season and cook over a medium heat till the potatoes are almost done. It's going to take around 10-15 minutes depending on the type of potato and also the size that you have cut them.
- Once the potatoes are almost done add the roasted veg and pour in the beans including any juices from the tin. Now, turn down the heat and simmer for 10 minutes. To finish the dish check for seasoning, add a few fresh herbs, a drizzle of extra-virgin olive oil and a few chilli flakes. I served it with some sourdough bread that I griddled then rub with garlic, a little olive oil and a sprinkling of flaky salt.