



ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time 30 mins

Serves: 6

INGREDIENTS

- 1 tbsp coconut oil
- 1 tbsp garlic, crushed
- 1 tbsp smoked paprika
- 1 tsp ground ginger
- 1 tbsp ground tumeric
- 1 large onion, diced
- 1 tsp pink rock salt
- 1 can diced tomatoes
- 1 can (400) kidney beans (drained)
- 1 can brown lentils
- 1 can water
- 2 vegetable stock cubes
- 5 medium carrots, diced
- 2 medium sweet potatoes, diced
- 2 large zucchini, diced
- 6 medium white potatoes, diced
- 1/2 cup almond butter (or peanut)

METHOD

- In a large saucepan heat oil to medium high and add onion, garlic, paprika, tumeric ginger and salt. Stir and allow to cook for 3-4 minutes while stirring.
- Add chopped vegetables and stir for 10 minutes while browning.
- Add tomatoes, kidney beans, lentils and water and cook with lid off for 20 minutes.
- Stir in almond (or peanut) butter and cook longer to reduce if too watery.
- Serve hot, garnish with chopped coriander.

VEGETARIAN HOTCHPOTCH

