

# VEGGIE 'CROP' POT CHALLENGE!



THIS SIMPLE & HEARTY CROP POT IS A RADISHING DISH FOR ALL WHANAU TO PLOUGH INTO THIS WINTER. NOT TO MENTION THE NEW SUPERPOWERS GAINED FROM THE BUTTER BEANS WHICH ARE POWER PACKED WITH SUPER NUTRIENTS LIKE FOLATE, ZINC, IRON AND MAGNESIUM!

## Ingredients

- 2 medium kumara, diced in 2cm cubes
- 1 leek, thinly sliced
- 1 onion, finely chopped
- 1 400gms can butter beans, drained
- 1 400gms can diced tomatoes
- 2 Tbsp tomato paste
- 1 cup stock (dissolve 1 veggie stock cube in 1 cup hot water)
- 1 bay leaf
- 1 cup frozen peas
- 1 handful chopped parsley

Optional: 1 cup baby spinach

Cracked pepper to serve

## Method

1. Heat oil in a large pan over medium heat.
2. Add leek and cook until till soft. Set aside.
3. Add onion, cook until transparent then add kumara.
4. Lightly brown kumara then add tomatoes, butter beans, stock, tomato paste, and bay leaf.
5. Leave to simmer on low heat for 25 minutes or until kumara is cooked.
6. Return leek to the pot and add peas and stir gently. Remove bay leaf. Add spinach if desired.
7. Cook for a further 2-3 minutes then serve with generous handful of parsley and freshly cracked pepper.