

Veg. Irish Stew

by Fabian

Ingredients

- Peeled potatoes and carrots
- Onions
- Garlic
- Quorn mince
- Tomato pasta sauce
- Vege. Stock
- Salt, pepper, nutmeg

Method

1. Boil the potatoes and carrots in vege. Stock .
2. Fry onions, garlic and minced
3. When potatoes and carrots are cooked ; pour the vege. Stock out (keep a bit to add later)
4. Add the fried stuff to the potatoes and carrots.
5. Add pasta sauce, 1 cup of veggie. Stock juice, salt, pepper and nutmeg.
6. Simmer for 10-15 min.