

Veg. Irish Stew

by Fabian

INGREDIENTS

- PEELED POTATOES AND CARROTS
- ONIONS
- GARLIC
- QUORN MINCE
- TOMATO PASTA SAUCE
- VEGE. STOCK
- SALT, PEPPER, NUTMEG

METHOD

- BOIL THE POTATOES AND CARROTS IN VEGE. STOCK.
- FRY ONIONS, GARLIC AND MINCED
- WHEN POTATOES AND CARROTS ARE COOKED. POUR THE VEGE. STOCK OUT (KEEP A BIT TO ADD LATER)
- ADD THE FRIED STUFF TO THE POTATOES AND CARROTS.
- ADD PASTA SAUCE, 1 CUP OF VEGGIE. STOCK JUICE, SALT, PEPPER AND NUTMEG.
- SIMMER FOR 10-15 MIN.