



Sweet potato & pepper stew

For 4 people

Read first

- Fire can burn, children must be watched by an adult at all times
- Remember the pan will get very hot

Equipment

- Knife & chopping board
- Sieve
- Dutch oven
- Wood spoon
- Colander
- 2 large mixing bowls
- Spatula
- Serving spoon
- 4 mess tins to serve

Ingredients

- 2 x 400g can butter beans,
- 4 tbsp butter
- 2 cloves garlic
- 2 large sweet potato
- 2 red pepper
- 2 yellow pepper
- 4 celery stalks
- 4 tomatoes
- 200ml water
- 4 tsp sage
- Salt and pepper



Prep beans and vegetables

Drain the beans in sieve

Chop the celery

De-seed and chop peppers

Peel and chop sweet potatoes



Saute vegetables

Heat the butter in the dutch oven or very large pan and sweat the garlic for a minute

Do not let the butter burn

Add sweet potato, celery, peppers and saute gently for 3 minutes stirring all the time



Add tomato and water and cook

Add the tomatoes, beans, herbs and 200ml water

Stir well and cover pan and cook for 12 minutes



- 10 minutes preparation



- 20 minutes cooking time