

MIXED VEGETABLE STEW RECIPE

with Agoness Kuol

Ingredients:

- 1kg lamb
- 1 packet frozen mixed vegetables (beans, broccoli, carrot)
- 3 potatoes chopped
- 4 large onions chopped
- ¼ cup vegetable oil
- 6 cloves of fresh garlic
- 1tsp chicken stock
- Tomato paste
- Capsicum
- 2 cups of water
- Pinch of black pepper
- 1 tsp curry powder
- 1 cinnamon stick
- Pinch of salt

Method:

1. Place medium size pot on the stove with vegetable oil
2. Fry the onions until golden
3. Wash the meat and place in the pot and add 2 cups of water
4. Add salt, cinnamon stick and chicken stock then place lid on pot. Allow meat to cook for 20 minutes.
5. Add tomato paste and mix well, then add the vegetables, garlic, black pepper and leave for another 10 minutes.
6. Add capsicum
7. Serve with rice and enjoy!