



NAMIBIA BUILDING WORKERS
PENSION FUND

Healthy Meals



Mixed Bean Stew

Instructions

- Select a large enough pot
- Heat 1 tablespoon the oil in the pot
- Slice the Russian sausages and brown them slightly in the pot
- Remove the browned sliced Russian sausages
- Add 1 more tablespoon of oil (only if needed)
- Add the chopped onions, shredded red cabbage and shredded carrots and fry for 5 minutes
- Add the crushed garlic to the pot and fry for half a minute
- Return the sliced Russian sausages, add the chicken stock, and all the beans and mix everything well together
- Season with salt and pepper
- Cook for 15 minutes on medium heat
- Add the spinach leaves and cook for a further 10 minutes on low heat

6 PORTIONS



40 MINUTES

N\$145 APPROX.

Ingredients

- Half a packet (3) budget Russian sausages
- one large onion (chopped)
- one large carrot (finely grated)
- 2 garlic cloves (crushed)
- 750 ml chicken stock (use 1 stock cube)
- 1 x 400g tin of butter beans
- 1 x 400g red speckled sugar beans
- 1 x 400g black beans
- 1/4 red cabbage (shredded)
- 1/4 bag of shredded spinach leaves
- 1 to 2 table spoon cooking oil
- salt and pepper to taste

This is a really healthy meal - rich in plant protein as well as fiber The Russian sausages are just for additional flavour. The stew can be eaten with bread. Try and use brown bread instead of white bread,

