

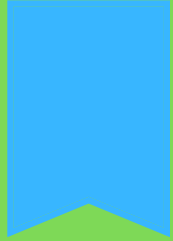
Difficulty:  
Easy



Time:  
60 minutes



# Somerset stew with cheddar mash



Allergens: Dairy

## What is it?

A warming beany stew packed full of flavor

**AVERAGE COST  
PER PERSON  
£1.08**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1	1
Garlic cloves	1	1	1
Carrot	1/2	1	1
Mushrooms	90g	120g	150g
Tomato puree	1tbsp	2tbsp	2tbsp
Chopped tomatoes	200g	400g	400g
Butter beans	1/2 tin	3/4 tin	1 tin
Berlotti beans	1/2 tin	3/4 tin	1 tin
Vegetable stock	225ml	450ml	450ml
Thyme	1/2tsp	1tsp	1tsp
Potatoes	2	2	3
Butter	20g	20g	30g
Cheese	50g	50g	75g

## Kit list:

- Saucepan
- Potato masher
- Sieve

## Make it your own!

Any leftover veggies? add them for extra yumminess !

Celebrate Family  
Food

Charity no.  
1125784



## What to do:

**Step 1:** Dice carrots and onion and soften in a pan add chopped garlic and sliced mushrooms and cook for 2 more minutes.



**Step 2:** Add tomatoes, stock, puree, thyme and beans simmer for 45 minutes.

**Step 3:** Meanwhile peel, chop and boil the potatoes until soft.

**Step 4:** Drain the potatoes then mash with the butter and grated cheese. Season to taste



**Step 5:** Serve the mash with a generous scoop of the stew and enjoy !



What did you think of this recipe? Colour in the stars to give it a rating!

