East End Flat Pack Meals
Recipe supporting the
Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

LENTIL and BEAN STEW

INGREDIENTS (SERVES 4)

- **1** Onion
- **1** Tin of tomatoes
- **500g/ 3** Tablespoons of red lentils
- **2** Garlic cloves
- **1** Tablespoon of paprika powder
- **1** Tablespoon of tomato puree
- **1** Courgette
- **1** Carrot
- **1** Pepper
- **1** Tin of kidney beans
- **200g/ 1** Cup of rice
- **1** Tablespoon of vegetable oil (not supplied)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- Sieve
- **2** Medium-sized pots
- Wooden spoon
- Tin opener
- Measuring jug



PREPARATION TIME:
20 minutes

METHOD

1. Wash the courgette and pepper before use. Rinse the kidney beans in cold water using the sieve. Then rinse the lentils using the sieve.
2. Peel and dice the onion and peel and slice the carrot. Then chop the courgette and pepper into bite-size pieces. Peel and finely chop the garlic.
3. Add the vegetable oil to the pot along with the onion and stir. Then cook the onion on a low heat for 5 minutes until soft.
4. Add the garlic to the pot along with the paprika powder and the tomato puree.
5. Add the kidney beans to the pot along with the tin of chopped tomatoes, courgette, carrot, pepper and lentils and stir together. Simmer for **30 minutes** (add water if required).
6. Rinse the rice thoroughly, add **400 ml** of water to a pot and bring to the boil. Add the rice, lower heat and simmer for **15 minutes** or until done (water will disappear).
7. Fluff rice with a fork and serve.



ALLERGY INFORMATION:

Red lentils may have been prepared in an area containing gluten.