

ENVIROFIT® & The SuperSaver Charcoal Jiko
SMARTER LIVING PRESENT Vegetable Stew



Join thousands of **Modern Mums** using **Envirofit SuperSaver Jiko** for more recipes and tips!
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Ingredients

- 1 tablespoon butter or margarine
- 1 chopped onion
- ½ cup chopped coriander
- 2 cloves crushed garlic
- 1 teaspoon cinnamon
- ½ teaspoon turmeric
- 1 inch crushed ginger
- 2 cups water
- 1 cup milk
- 1 cup sliced carrot
- ½ cup dried lentils
- 2 chopped tomatoes
- 1 potato cubed
- 1 kg green peas
- 500 gm diced green beans
- Salt and pepper to taste



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Melt butter/margarine over medium heat in a sufuria; add onion, coriander, garlic, cinnamon, turmeric, ginger and pepper. Cook, stirring occasionally, until onion is golden.
3. Stir in water, milk, potato, carrot and lentils; boil, then reduce heat and cover to simmer 25 minutes.
4. Stir in tomatoes; boil, then reduce heat and cover to simmer for 15 minutes.
5. Stir in peas, beans and salt and pepper to taste; boil, then reduce heat and cover to simmer 5 minutes.

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