

## **SPICY LENTIL BEAN STEW** (makes 6 portions)

1 tsp **black pepper**  
2 tsp **smoked paprika**  
1 tsp **cardamom** (ground or seeds)  
½ tsp **cinnamon**  
5 **cloves**  
3 tsp **coriander** (ground or seeds)  
3 tsp **cumin** (ground or seeds)  
2 tsp **garam masala**  
½ tsp **cayenne pepper**  
1 tsp **turmeric**

1 **onion**  
5 **garlic cloves**  
thumb **ginger**  
500 ml **passata**  
1 **chilli**  
1 **red pepper**

1 **bay leaf**  
1 tsp **fennel seeds**  
1 tbs **puree**

200 g **carrots**  
400 g **beetroot**  
400 g **potato**  
100 g **green beans**  
200 g **cabbage**  
1 cup **peas**  
350 g **mushrooms**

2/3 cup **cannellini beans** (soaked overnight, pressure cooked for 8 mins, saving the water)  
½ cup **red lentils**  
¼ cup **pearl barley**  
160 g **curly kale**  
2 tbs **vinegar** (either balsamic, red wine or apple cider)  
**cream** from 1 tin of coconut milk, or soak 2/3 cup of desiccated coconut in enough near boiling water to cover, for 2 hours, after which liquidise into a cream)

½ cup **orzo**

Stir-fry the first group of spices in heated oil for a few minutes, then add the **onion, garlic, ginger**, ¼ cup of **passata** and **red pepper**. Saute on lowest heat until soft, adding bean water if necessary to prevent sticking.

Add **bay leaf, fennel seeds** and **puree**. Cook for 3-4 mins.

Add the first group of **vegetables**, one type at a time, mixing thoroughly, in the order above.

Cover and simmer on lowest heat for a few minutes.

Then add the **beans, red lentils, pearl barley, curly kale, vinegar** and **cream**, along with the rest of the **passata**. Cover and simmer on lowest heat for a few minutes.

Then add enough of the **bean water** (and stock if necessary) to half the height of the vegetables (about 1 litre).

Add the **orzo** and cover, simmering on the lowest heat for 45 minutes, checking regularly that the liquid content is neither too thick or too watery.

Allow to cool a bit before serving and remove bay leaf.