

Healthy Boil Up Serves 6

Ingredients

3 L	Water
300g	Lean beef, chicken or pork, cut into bite sized pieces
1	Onion finely chopped
2 cloves	Garlic, crushed
3 medium	Potatoes or kumara cut into small pieces
¼ medium	Pumpkin cut into cubes
3 cups	Fresh vegetables (carrots, peas, corn, celery, green beans, red capsicum), thinly sliced
6 cups leafy greens	Silverbeet, spinach, puha or cabbage thinly sliced
1 can (400g)	Legumes drained (kidney beans, lentils, chickpeas)

Method

In a large pot add meat, onion, garlic and stock powder. Gently bring to the boil.

Add prepared root vegetables and simmer for approximately 20 mins until soft.

Add green leafy vegetables and tinned beans. Cook for a further 10 minutes until soft

Skim off any fat and season to taste.

Serve with homemade bread or crunchy wholegrain bread.

