

OPEN KITCHEN RECIPES



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The vegan hearty hot pot recipe and method

Servings:

6 servings as a full meal on its own, or 10-12 servings with extra potatoes or bread as a side. Can be scaled down or make a big batch and pop left overs in plastic tubs in the freezer for quick dinners on another night!

Cooks for:

5-7 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

Prep / Active cooking time: 15 minutes

Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon

Ingredients

1 teaspoon oregano
1 teaspoon dried mixed herbs
1 dessert spoon mustard (any type of mustard is fine)
½ teaspoon salt
½ teaspoon pepper
2 x any stock cube (vegetable or beef are particularly nice)
1 dessert spoon soy sauce (if you have it)
200g red lentils
4 x mugs full of cold water from the tap

Vegetables - Around 1kg of any vegetables - for a more traditional English casserole / stew use carrots, leeks, parsnips and mushrooms in about equal quantity. For this recipe we have used 1 medium onion, 2 stalks of celery, ¼ of a head of cabbage, 200g of mushrooms.

500g of potatoes, washed and chopped (no need to peel)

To add protein add 1 x 400g can of butter beans or cannellini beans (drained and rinsed) or around 300g of tinned corned beef, or raw chicken, pork, beef, or sausages.

Method:

Chop all the vegetables (shown in the video). If you can't access the video, all we're aiming to do is chop each of the different vegetables into cubes approx 1.5cm, or about the size of the top part of your thumb.

Add all the raw chopped veggies, including the potatoes, into the slow cooker.

Add all the spices, herbs, stock cubes, mustard and soy sauce to the slow cooker.

Add the lentils and water to the slow cooker.

Stir well so that all ingredients are mixed together.

Pop the lid on the slow cooker, turn the slow cooker on, and leave the recipe to cook for 5-7 hours. The recipe can cook over night for up to 14 hours and will be absolutely fine.

Serve! This recipe is full of lentils and beans, so it's a perfectly nutritious meal on its own, but can also be served with rice, potatoes, or breads on the side.

Nutrition Facts

Per Serving for vegan / lentil version (estimate): Calories: 292kcal Carbohydrates: 55.2g Protein: 13.1g Fat: 4.7g Saturated Fat: 1.8g Polyunsaturated Fat: 2.9g Sodium: 912mg Fibre: 14.7g Sugar: 16.4g