



### Simple Vegetable Casserole

#### Ingredients:

2 onions, cut into chunks

4 carrots, cut into chunks

3 celery sticks, cut into chunks

1 large or 2 medium sweet potato or swede, cut into chunks

1 litre hot vegetable stock, preferably home-made or good quality organic

2 garlic cloves, finely chopped

3 medium leeks, thickly sliced

150 g pearl barley (omit if gluten free)

400g tin chickpeas or cannellini beans

2 tsp dried sage

Salt (optional) and pepper

3 tbsp coarsely chopped fresh flat-leaf parsley to serve

#### Directions:

- Place onions, carrots, celery, sweet potato or swede in a large flameproof casserole dish. Pour in the stock and bring to the boil.
- Add the garlic, leeks, pearl barley, beans, sage and seasoning. Stir to mix the vegetables together. Cover and transfer to the oven to cook at 180oC for about 1 hour or until the vegetables are just soft, and the barley is tender.



Serves: 4



Prep: 15 mins

Cook: 60 mins

