

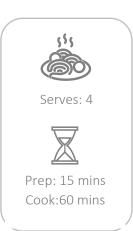
Glenville NUTRITION

COURSES CLINICS CENTRES

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







- 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.



