

Seasoned lentil stew

Ingredients

25ml	oil
1	onion, chopped
1	green pepper, chopped
3	carrots, grated
3ml	curry
2ml	turmeric
150g	lentils, brown
1½ cups	water
5ml	sugar
75ml	tomato puree

Sauce

12.5ml	peanut butter
12.5ml	yoghurt, plain

Method

- Preheat oven to 180°C.
- Heat oil and sauté onion, green pepper, and carrots until softened.
- Add curry and turmeric and stir over low heat for a few minutes.
- Add lentils, water, salt, sugar and tomato puree.
- Mix well and spoon into a large baking dish.
- Cover and bake for 1 hour, stirring twice.
- Alternatively simmer gently on the stove, or cook in a hay box
- For the sauce, mix the peanut butter and yoghurt together.
- To serve, spoon lentil curry onto rice and spoon sauce on the side.

Chicken liver for kids

Ingredients

½	onion, medium, sliced thinly
410g	tomato and onion mix
10ml	sugar
10ml	vinegar
50ml	tomato puree
500g	liver, chicken

Method

- Heat oil in pan. Add onions and brown.
- Add tomato-and-onion mix.
- Add sugar, vinegar and tomato puree.
- Simmer the mixture simmer for 5 minutes.
- Add chicken livers and simmer for 5-10minutes.
- Do not simmer for too long otherwise it will dry out.