



## Recipe

### farmer reggie's stewed veggies

This slow cooked dish, packed full of veggies is the ultimate comfort food! Including lots of veggies in sauces is a great way of increasing fibre in your little one's diet, which is important for supporting immunity. Just like all of our meals our farmer reggie's recipe contains starchy carbohydrates from the potatoes which is a brilliant source of energy! This dish serves perfectly with rice or bread and butter.

#### Ingredients

A glug of sunflower oil	500g new potatoes - quartered	1 spoonful of marmite
1 large red onion - diced	2 sprigs of thyme - finely chopped	1 cube/pot of mushroom stock (or veg stock if not)
2 carrots - chunkily cut	3 sprigs of rosemary - leaves only - finely chopped	small handful of dried wild mushrooms - finely chopped
175g mushrooms- finely chopped	45g tomato paste	1g of nutritional yeast
425g button mushrooms - quartered or halves	1100ml water	1 small pinch of black pepper
3 cloves garlic- finely chopped	690g tomato passata	

#### Method

Add oil to a wide based, tall pan on a medium heat. Add chopped red onion and slowly caramelize until golden brown, stirring now and then.

Add finely chopped mushrooms and continue to caramelize until golden brown, stirring now and then. Add chopped carrot, button mushrooms, new potatoes and mix well to allow to soften.

Add finely chopped garlic, chopped thyme, chopped rosemary, and tomato paste, and mix well until combined.

Add water, passata, marmite, stock, dried mushroom, nutritional yeast, and black pepper and gently simmer for at least an hour with lid off to allow to reduce, until the potatoes are soft and the sauce is thickened.

Enjoy with rice or crusty bread and butter.

Please note: This recipe is correct at the time of publication on 10/03/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

**Nutritious delight with every bite**

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