Spicy Vegetable Stew



Ingredients

100g onion

100g carrots

100g mushrooms*

100g peppers, red, green or mixture

100g courgettes

1 tablespoon oil

2-3 teaspoons paprika pepper

2 teaspoons dried oregano

400g tinned tomatoes

Salt & pepper to season

Cayenne pepper to taste (optional)

1-2 teaspoons corn flour mixed with a little water

* may need to count as exchanges

Method

1. Chop the onions, carrots, mushrooms, courgettes and peppers into medium sized pieces. Heat a pan and add the oil, place in the vegetables and cook for 5 minutes until they begin to soften. Stir in paprika and oregano.
2. Cook over a gentle heat for a couple of minutes to cook the paprika and add in the tin of tomatoes. Season the dish with salt, pepper and cayenne pepper (optional).
3. Let simmer for 30-40 minutes until vegetables are tender, and add corn flour if you desire the sauce to be a little thicker, stirring continuously.
4. Serve with low protein bread or low protein rice.