



# Pandemic Stew

SERVINGS: 4-6

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

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## Ingredients

300g frozen mixed veg  
100g soya mince  
100g cauliflower/broccoli  
100g frozen spinach  
1 onion or leek  
1 potato or parsnip  
1 heaped tsp mixed herbs  
1 tsp rosemary  
pinch of dried chilli flakes  
1/4 tube tomato paste  
dollop of pickle or chutney  
1 stock cube  
1 tbsp nutritional yeast  
1 tbsp of Bisto powder  
salt and pepper

## Directions

1. Peel, wash and chop all vegetables and add to large saucepan.
2. Add in the mixed frozen veg and frozen spinach.
3. Add in tomato paste and dollop of pickle or chutney.
4. Add the dried soya mince (or washed dried lentils as an alternative).
5. Add the rest of the ingredients (not Bisto) and pour on boiling water until ingredients are just covered.
6. Mix together thoroughly, bring to boil and simmer for 20 minutes until cooked.
7. Add in the Bisto powder (already mixed into a thin paste with cold water) to thicken the stew.
8. Add salt and pepper to taste.

“ Throughout the pandemic my regular go to has been a large pot of stew. I use soya mince or lentils and whatever veg I have available. Often it has potatoes in, sometimes I add curry powder and rice!



This recipe was submitted by Carolyn Ekins (Hyland). Owner of the ww2 ration book recipe blog [the1940sexperiment.com](http://the1940sexperiment.com) and author of the free downloadable community cookbook [pandemicpantry.co.uk](http://pandemicpantry.co.uk)