



HEARTY COWPEA LENTIL STEW

Recipe Knorr Future 50 Foods Cookbook

Serves 4 – Easy – 30 minutes



- 1 onion
- 150g heirloom carrots (red, purple)
- 1 tbsp vegetable oil
- 80g red lentils
- 400ml water
- 1 tin (400g) plum tomatoes
- 1 pouch Knorr Thick Vegetable Soup
- 1 tin (400g) cowpeas (black eyed beans)
- 1 tbsp chopped parsley
- 1 tbsp roasted sesame seeds



Method

1. Peel the onion & dice finely. Peel the carrots & slice into 1 cm thick circles. Fry the onion & carrots in a big, hot frying pan with olive oil for 4–5 minutes. Add lentils & 400ml water. Bring to a boil & cover. Cook over low heat for 5 minutes.
2. Add tomatoes and the pouch of vegetable soup stock and cook over low heat for another 3 minutes. Add drained cowpeas, bring to a boil and cover, cook over low heat for another 10–15 minutes.
3. Serve the hearty cowpea and lentil stew sprinkled with parsley and sesame seeds.



Greenhouse Gasses

Total overall recipe 2.39kg CO₂e

Total per serving 597.5g CO₂e

Per serving equivalent to driving **2 miles** in an average UK petrol car

