















HEARTY COWPEA LENTIL STEW

Recipe Knorr Future 50 Foods Cookbook

Serves 4 - Easy - 30 minutes





- 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





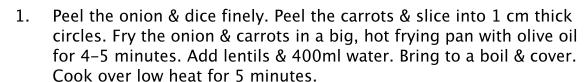


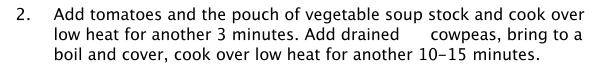












3. Serve the hearty cowpea and lentil stew sprinkled with parsley and sesame seeds.





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























