

Slow Cooker

VEGAN MOROCCAN STEW

Northern
Gas Networks

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Prep time:
30 minutes



Cooking time:
2.5 hours



Serves:
4 people



Cost (per serving):
0.68p

By **Michael Hall**, Chef at The Granby Inn Longframlington and regional Chef of the Year at the North East Culinary Trade Association awards 2016

INGREDIENTS:

400g carrots – 22p (57p/1kg)
300g parsnips – 35p (£1.15/1kg)
100g celery – 10p (50p/500g)
3 red onions – 24p (65p/1kg)
1 red chilli – 11p (£1.08/100g)
450g red pepper – 99p (33p/150g)
400g chopped tomatoes
– 35p (35p/400g)
1 tbs tomato puree – 2p (34p/200g)
50ml orange juice – 3p (60p/1l)
1 tsp/5g ground cumin – 7p (59p/41g)
1 tsp/5g paprika – 6p (59p/46g)
1 tsp/5g ginger – 11p (59p/28g)
1 tsp/5g cinnamon – 8p (59p/34g)
200ml cold water

METHOD:

- 1.** Peel and chop the carrots, parsnips, celery, onions, chilli and peppers into medium sized chunks.
- 2.** Add the chopped vegetables, along with the other ingredients, into the slow cooker.
- 3.** Turn on the slow cooker to high.
- 4.** Give the mixture a stir and put the slow cooker lid on.
- 5.** After 2.5 hours, check the vegetables are cooked through and season to taste.

If you wish, you could serve this with rice, couscous or crusty bread.

Allergen note: celery

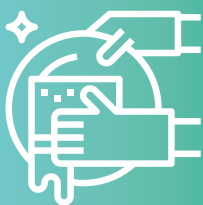
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Money saving tips:

Fuel poverty occurs when a household income is too low for people to keep their homes warm at a reasonable cost. Those most likely to live in fuel poverty include older people, young families and those on lower than average incomes.

The latest figures suggest that **3.66 million people in the UK live in fuel poverty**. It costs on average £543 a year more for households living in fuel poverty not connected to gas to stay warm, compared to other households.

Northern Gas Networks offers advice to everyone wanting to use energy more efficiently, including those living in fuel poverty. These tips can help keep homes warm and save money:



Using a washing up bowl can save up to seven litres of water a day

Microwaves and slow cookers are more cost efficient than traditional cookers. You can save up to 63p an hour by using a slow cooker instead of your oven

Regularly defrost your freezer to make sure it's working efficiently



Use energy saving light bulbs and draw your curtains at dusk to stop draughts and heat loss

Be careful when turning your immersion heater on and off. Make sure it isn't on 24 hours-a-day

By taking shorter showers, you can save up to 18 litres of water a day

There is plenty more energy saving advice at
www.simpleenergyadvice.org.uk/

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