Healthy Food in First Seven Days – resource 4a of 5 resources

One Pot Stew
1. Wash your hands in hot soapy water.

2. Gather ingredients: 400g meat, 6 tablespoons oil, 2 onions, 2 cloves garlic, 2 zucchinis, 4 tomatoes, 1/8 cabbage, salt, pepper and spices to taste, rice.

3. Cut up the meat into cubes. Place meat in a bowl and put aside.

4. Wash your knife and board with hot, soapy water and dry with a clean tea towel.

5. Turn on the stove to medium heat.

6. Place saucepan on stove and add 6 tablespoons of oil.

7. Finely chop up 2 onions and 2 cloves of garlic.

8. Add onion garlic and meat to saucepan and stir.

9. Chop up remaining vegetables: 2 zucchinis, 4 tomatoes, 1/8 cabbage.