14. To boiling water, add half as much rice as water. Cover and cook for approximately 10 minutes.

15. Serve rice and stew on a plate.

11. Add salt, pepper and spices to taste.

12. Place lid on saucepan and simmer for 20 minutes.


10. Add vegetables to saucepan and stir.

16. Clean away scraps with clean, soapy cloth. Wash up all pots, plates and utensils in hot, soapy water.

17. Cover leftovers and place in the fridge.

You have made OnePot Stew - Enjoy!