**Potato and Bean Casserole**

Serves 4

* 300 g new potatoes
* 1tbsp olive oil
* 1 large carrot, peeled and chopped,
* 1 large parsnip, peeled and chopped
* 1 large leek, chopped
* 2 cloves garlic, crushed
* 2 large tomatoes chopped
* 2 pints water
* 3 veggie stock cubes
* 1 can kidney beans drained
* 1 tbsp oregano
* 1 tbsp red wine vinegar
* 1 tbsp cornflour
* salt and pepper
1. Sauté the leeks and garlic in olive oil for 5 minutes Add the oregano and stir well
2. Chop the new potatoes in half and add to the pan, along with the carrot, parsnip, and water and crumble in stock cubes
3. Bring to the boil then simmer for 15 minutes
4. Add in the kidney beans, tomato, red wine vinegar and simmer for 15 more minutes
5. Season and stir in small bowl mix the cornflour with a little water to make a slurry, pour into mix and thicken
6. Serve immediately.

***0 little extras on either plan if uses as 44U or 54U***

***1 If you count out the potatoes***