

# Simple Spanish Vegan Stew

Enjoy this simple stew, as part of Veganuary and beyond. Cooking and eating vegan food is far from boring, as this warming and hearty dish is sure to prove!

## INGREDIENTS (serves 2)

150g of Pearl Barley  
1 Vegetable Stock Cube  
1 Tin of Plum Tomatoes  
Approx. 20 Black Olives  
1 White Onion, diced  
1 Red Pepper, diced  
1/2 Butternut Squash, diced into 1cm chunks  
1 Tin of Chickpeas  
2 tsp Smoked Paprika  
1 Tbsp Nutritional Yeast (optional)  
Black Pepper to taste  
Lemon Juice  
Fresh Flat leaf Parsley, to serve.

## METHOD

1. Boil the pearl barley in a pan for approximately 30-40 minutes.
2. In a separate large stew pan, fry off the onion until lightly browned, then add the seasonings.
3. Add the butternut squash and a little water to help it soften. Steam for around 10 minutes.
4. Add the remaining vegetables and steam for a further 5 minutes.
5. Add the vegetable stock and tinned tomatoes, bringing the whole mix to the boil.

6. Simmer for another 30 minutes, adding the chickpeas and kale after around 20 minutes.
7. Stir in the pearl barley and stir thoroughly.
8. Serve with a sprig of parsley on the top!