



BACON, BEAN & KALE STEW

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tablespoon avocado oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 10 rashers of smoked streaky bacon, chopped
- 1 tablespoon smoked paprika
- 1 teaspoon crushed chilli flakes
- 650g butternut squash, peeled and chopped into small squares
- 3 tablespoons lentils (I sometimes use puy and other times red lentils)
- 500ml vegetable stock
- 1 tin red kidney beans
- 1 tin black beans
- 1 tin chopped tomatoes
- 3 large handfuls of kale leaves, chopped

METHOD

1. Heat the avocado oil in a large shallow pan and add the chopped onion.
2. Cook for about 8-10 minutes until soft and slightly golden and then add the garlic for a few minutes.
3. Add the chopped bacon and the spices and give everything a stir.
4. Add the lentils, butternut squash and tomatoes and gently simmer away until the butternut squash is soft and the lentils are cooked about 20 minutes.
5. Add the beans and stir everything together and bubble away for 10 minutes.
6. Add the chopped kale and leave for 5 minutes for this to cook through.
7. Serve with either a tortilla wrap, some brown rice or on its own. It also makes great leftovers for lunch the

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