

Slow cooker paprika veg (4 portions; 30m + cooking time)

For the pot

All amounts are approximate, feel free to adjust to taste and the space in your slow cooker.

1 tin tomatoes

1 tin chickpeas

2-3 garlic cubes or several cloves of garlic

3-4 tsp smoked paprika

2 stock cubes or pots

2 tsp mixed herbs

ground black pepper to taste

1 tsp salt

1-2 courgettes (350g)

2-3 carrots (350g)

~300g potatoes in large chunks

Turn the slow cooker on. Put in the tinned tomatoes and break them up. Add the chickpeas (including the liquid), the stock, herbs, and spices, and mix well.

Wash the veg and chop it into chunks. Mix the contents of the slow cooker, pile the carrots and potatoes in and mix again.

If you prefer courgette firmer, leave this out and add half way through cooking.

Cook on high for 2-3 hours and 4-5 hours on low, or 8-9 hours on a low heat (will vary with slow cooker and how well-done you like things).

Good with cheese and wholewheat pasta or chunky bread and butter.

Leftovers can be reheated in the slow cooker in a couple of hours.