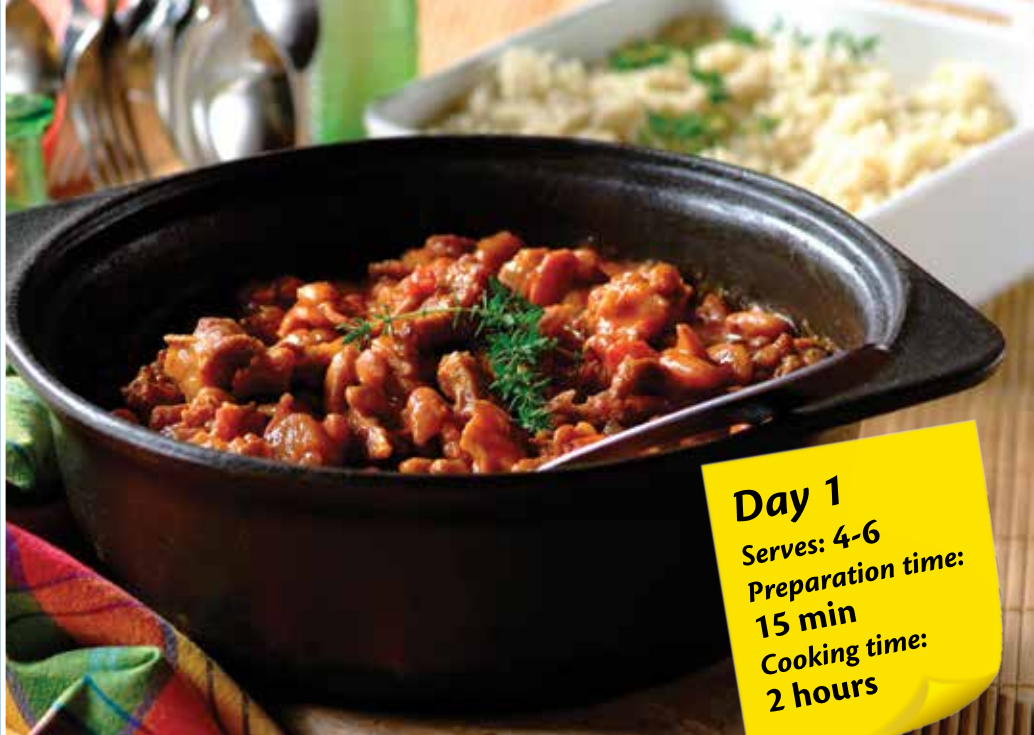


Bean & Lamb Casserole



Day 1

Serves: 4-6

Preparation time:

15 min

Cooking time:

2 hours

Ingredients:

- 1 cup (250ml) sugar beans
- 750g cubed stewing lamb or mutton
- 1 tablespoon (15ml) oil
- 1 onion, chopped
- ½ cup (125ml) bacon, chopped (optional)
- 1 x 410g tin chopped tomatoes
- 1 sachet **IMANA Brown Onion Soup**
- 2 cups (500ml) hot water
- 1 cup raw rice
- 2 ¼ cups hot water
- 1 **IMANA Chicken Super Stock Cube**, crumbled
- 2 tablespoons (30 ml) margarine

Method:

1. Preheat oven to 180°C.
2. Boil the sugar beans in unsalted water for about 1 hour until soft. Drain and set aside.
3. Brown meat in a pan in heated cooking oil then place in a casserole dish. In the same pan, fry the onion and bacon. Add the prepared sugar beans, chopped tomatoes, **IMANA Brown Onion Soup** and water. Bring to the boil, stirring. Remove from heat.
4. Pour over the meat, cover and bake for 1 ½ hours, stirring occasionally until the meat is tender. You may need to add extra water if the casserole seems dry.
5. Cook the rice in water & drain, stir the **IMANA Chicken Super Stock Cube** and margarine into the hot cooked rice. Serve with the Lamb Casserole.



This Recipe Uses