

Epping  
Forest

**foodbank**

**HAM AND PEA  
STEW**

SERVES 2



# HAM AND PEA STEW

## Ingredients

- 1 tin of ham, shredded
- 1 onion, peeled and chopped
- 2 tsb oil
- 1 chicken stock cube
- 2 tbsps mint sauce
- 1 packet parsley sauce mix
- 1 tin of potatoes, drained and halved
- 1 small tin of carrots, drained
- 1 small tin of peas, drained



# HAM AND PEA STEW

## Recipe

- 1 | Heat the oil in a saucepan on a high heat.
- 2 | Add the onions and fry until they begin to turn translucent.
- 3 | Turn the heat down to low. Make up the parsley sauce according to packet instructions, then add to the saucepan, stir well.
- 4 | Add the mint sauce, carrots, peas and potatoes. Stir well.
- 5 | Crumble in the stock cube. Now simmer and stir for 5 minutes. Serve



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## Cost

Ham - £1.00

Oil - 2p

Onion - 10p

Parsley Sauce - 85p

Mint sauce - 8p

Stock - 5p

Potatoes - 39p

Carrots - 30p

Peas - 50p

TOTAL - £3.29

