



Farmer's Pot by our support

500 g minced meat	100 ml red wine
2 bell peppers	500 ml beef stock
2 garlic cloves	3 tbsp tomato paste
800 g potatoes	a little olive oil
1 large onion	1 tsp sweet paprika
	½ tsp thyme
1 tsp hot paprika	salt and pepper
1 tin of sweetcorn	if required: sauce thickener, chilli
1 tin of mushrooms	and chayenne pepper
1 tin kidney beans	



1. Peel and dice the potatoes. Also peel the onions and cut into small cubes.
2. Remove the seeds from the peppers and cut into cubes.
3. Heat a little olive oil in a large pan and fry the meat until crumbly.
4. Add the onions and tomato purée and fry briefly. Then add the red wine. Next, add the sweetcorn.
5. Add the peppers and potatoes and simmer. Add the beef stock and let simmer until the potatoes are soft.
6. Season the stew and thicken with sauce thickener if necessary.

If you like the farmer's pot a little spicier, you can refine it with chilli and chayenne pepper.

