



VEAL STEW WITH CHICKPEAS

INGREDIENTS:

300 g veal
1 carrot
4 champignon mushrooms
1 onion
1 clove garlic
150 g green beans
100 g canned chickpeas
few sprigs fresh thyme
1 teaspoon paprika
1 teaspoon marjoram
oil
500 ml vegetable broth
200 g canned tomatoes
salt, pepper
jasmine rice as an addition

PREPARATION:

1. Cut the meat into large dices. Marinate in oil, salt, pepper, paprika and marjoram. Put into a saucepan. Add finely chopped onion and garlic. Fry for about 5 minutes. Pour vegetable broth.
2. Simmer until tender (45-60 minutes). At the end of cooking, add the remaining vegetables and chickpeas. Heat the stwe until the sauce thickens. Serve with jasmine rice.