



♥ Feed them ♥ Clothe them ♥ Educate them ♥ Love them ♥  
Reaching out to the orphan and at-risk children of Tanzania with "Hearts in Unity"



## Tanzanian Vegetable Stew

Step 1: 2 medium potatoes – cut into  $\frac{3}{4}$ -inch pieces (about 2 cups)  
3 large carrots – cut into small pieces (about  $\frac{3}{4}$  cup)  
8 oz. frozen peas - thawed (about  $\frac{3}{4}$  cup)

Step 2: 3T. vegetable oil  
1 medium onion – sliced/chopped thin

Step 3 & 4: 3 large carrots – grated very finely  
1 can (14 oz.) diced tomatoes (not drained)

Step 5:  $\frac{1}{2}$  t. to 1 t. salt (as desired)  
 $\frac{1}{2}$  to  $\frac{3}{4}$  t. curry powder (as desired)

Step 7: 1 can of beef gravy  
1 can beef broth (optional)

1. Boil potatoes and carrot pieces until cooked. Remove from heat and drain.
2. While vegetables are cooking, heat the oil in a large cooking pot. Add onion and cook over medium high heat until the onion is browned.
3. Once the onion is cooked/browned, add the finely grated carrots,  $\frac{1}{2}$  cup of water, and cook/boil 2 minutes.
4. Add tomato and continue to boil until the texture is of a thick sauce.
5. Add salt and curry powder and mix well.
6. Add the potatoes, carrots, peas and  $\frac{1}{2}$  cup of water to the tomato mixture. Cook/boil an additional 5 minutes.
7. Add the beef gravy and heat through, adding additional water or beef broth if too thick.

Serve with ugali or chapati. 10 servings.

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