

# Adios™

A natural aid for slimming



## WAISTLINE-FRIENDLY WINTER STEW

### Ingredients

- 1 onion
- 1 sweet potato, peeled and cubed
- 2 carrots, peeled and chopped
- 1 lb butternut squash, peeled and cubed
- 2 parsnips, peeled and cubed
- 2 cloves garlic, crushed
- 1 red pepper, chopped
- 1 pint vegetable stock
- 1 tin of chopped tomatoes
- 2 tbsp lime juice
- 1 (10 oz) pack of frozen peas
- Salt and black pepper



### Method

- 1 Cook onions, sweet potato, carrots, squash, parsnips, garlic, and half the stock in a covered pan for 10 mins, stirring occasionally. Add a few tablespoons of water if the mixture starts sticking.
- 2 Add the remaining stock along with the bell pepper, tomatoes and lime juice.
- 3 Bring back to the boil then reduce heat and simmer covered until vegetables are tender (about 12-15 mins).
- 4 If the stew sticks to the pan or gets thicker than you'd like, just add more stock or water.
- 5 Add peas and stir occasionally until hot (about 2 minutes). Add salt and pepper to taste. Ladle into soup bowls. Enjoy!

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: