

Green Bean Bredie

Servings: 6-8

Prep Time: 20min

Cook Time: 1hr



Ingredients

- 2kg stewing lamb or mutton, cut up
- 20ml oil
- 3 onions, chopped
- Salt and black pepper
- 1.5kg green beans, sliced
- 500g potatoes, cut in quarters (or smaller if the potatoes are large)

Directions

1. Brown the meat in the oil
2. Add the onion and cook for 3-5 min but do not brown
3. Season with salt and pepper
4. Cover tightly with a lid, turn the heat right down and cook very gently
5. Open the lid from time to time to see if the bredie needs a little moistening
6. When the meat becomes tender, add the pumpkin and potato to the pot
7. Add a little water, cover again and simmer very gently until the bredie is very tender and ready for serving
8. Serve with rice and a salad or a variety of vegetables