

# Spring Veg Stew

## Ingredients

- 4 carrots, sliced
- 3 leeks, sliced
- 2 zucchinis, sliced
- 3 tsp garlic
- 1 tsp English mustard
- 2 cups / 500mL vegetable stock
- 200g peas
- large handful of spinach
- 1/2 cup / 150g unsweetened yoghurt
- 1/4 cup cornflour

## Method

1. Sauté leeks and garlic, and then stir through the cornflour.
2. Add leeks, stock, carrots, and zucchini to crock pot and cook for 2-4 hours.
3. Add the yoghurt, mustard, peas, and spinach, and cook for another 1-2 hours.
4. Serve with bread.

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