



## Cowboy Bowl

*A quick and affordable way to fill lots of hungry tummies. This wholesome meal-in-one is cosy cuisine at its finest! Serve a bowlful on a cold winter night. You can also make it as spicy as you like.*

### INGREDIENTS

#### Serves 6

500 g good-quality boerewors (sausage)  
15 ml (1 tbsp) olive oil  
2 large onions, coarsely chopped  
3 carrots, halved and thickly sliced  
1 red pepper, seeded and cubed  
1 large clove of garlic, crushed  
15 ml (1 tbsp) ground cumin  
10 ml (2 tsp) ground coriander  
15 ml (1 tbsp) ordinary paprika or 5 ml (1 tsp) smoked paprika  
15 ml (1 tbsp) cake flour  
1 x 50 g sachet (50 ml) tomato paste  
1 x 410 g red kidney beans, drained and rinsed  
1 x 410 g tin chopped tomatoes  
125 ml (½ cup) vegetable stock or Rooibos tea  
1 chilli, whole (or chopped if you prefer spicier food)  
500 ml (2 cups) coarsely chopped white cabbage  
10 ml (2 tsp) soya sauce  
250 ml (1 cup) whole kernel corn or frozen corn kernels, rinsed  
4 large spinach leaves, roughly torn  
30 ml (2 tbsp) chopped fresh Italian parsley or origanum  
salt and black pepper to taste  
fresh origanum leaves for garnish

### METHOD

1. Place the coil of boerewors in an AMC 24 cm Chef's Pan, cover with a lid and heat over a medium temperature until the Visiotherm® is just below the first red area.
2. Remove the lid and continue frying until the sausage is golden brown on one side. Turn coil over and continue frying without the lid, until it is just cooked but not dry. Remember the sausage will continue to cook in the sauce.
3. Remove from the unit and cut into diagonal slices.
4. Meanwhile, heat an AMC 24 cm Gourmet High, over a medium temperature until the Visiotherm® reaches the first red area.
5. Add oil and sauté the onions until softened. Add the carrots, pepper and garlic and fry for another few minutes until nearly soft.
6. Reduce the heat and add the spices and fry until aromatic. Add the flour and stir until no dry flour is visible.
7. Add tomato paste and stir through. Add beans, chopped tomatoes, stock or tea, chilli, cabbage and soya sauce. Simmer for 10-15 minutes without a lid or until the cabbage has softened a bit.
8. Stir in the cooked boerewors, corn, spinach and herbs and cook for another 5-8 minutes without a lid until heated through. Season to taste with salt and pepper. Serve in bowls and garnish with origanum.

### TIPS

- Pork sausages are also delicious in this recipe. Fry and slice as described above.
- Substitute the red kidney beans in this recipe for 1 x 410 g tin baked beans in tomato sauce, but only add half the stock as it will be saucy enough.