

Orange and Tomatoe Vegetable Casserole(serves 6-8)

- 4 large Potatoes cut into Chunks
- 2 Carrots, cut into chunks
- 1/4 Pumpkin, cut into chunks
- 1 cup chopped Celery
- 1 cup green beans
- 2 cans tomatoes
- 1 cup unsweetened orange juice or freshly squeezed
- 1-2 tablespoons orange zest
- 1 cup vegetable stock
- 3-4 tablespoons LSA

Place all ingredients in a casserole dish cover and cook in a moderate oven for 2 hours . The dish is ready when vegetables are tender and liquid has reduced to a sauce.
Sprinkle with further LSA and ground pepper and serve.