

?B? In our Ingredients Alphabet experiment is Beetroot which is one of Sue?s favourite vegetables.

Ingredients:-

1 Beetroot

2 deseeded Tomatoes

1 Onion

1/2 Yellow and 1/2 Green Pepper

Chilli seeds

Chilli powder

Turmeric

Paprika

Garlic Salt - Onion Salt

Mixed Herbs

Salt & Ground Black Pepper

Oil

Method:-

- (1) Cut the Beetroot into cubes and slice the other vegetable ingredients.
- (2) Add all the ingredients to a bowl and mix well.
- (3) Set aside in the fridge for the flavours to blend.
- (4) Fry in a wok or large frying pan.

We enjoyed ours with Courgette Fritters, deep fried ?Seaweed? which is actually just cabbage and buried deep in there somewhere are some Pork and Mustard Sausages.