

# Sour turnip and bean stew

Recipe



*This fermented sour turnip and bean stew is a traditional Slovenian winter hotpot dish known as jota that will steal your heart, boost your gut health, and warm you up in the evening.*

**Preparation time:** 1 hour

**Ingredients:**

- 500 g sour turnip
- 4 potatoes
- 1 onion, chopped
- 1 can red beans

- ¼ cup tomato paste
- 2 cloves of garlic
- 3 bay leaves
- a bunch of marjoram
- 2 tablespoons sweet pepper
- oil for the pan
- salt and pepper to taste

Saute chopped onion, then add garlic, tomato paste, potatoes, sour turnip, and pour over some water or veggie stock. Bring to boil, season it, then reduce the heat and simmer for about 20 minutes. Add in the beans and let it cook until thickened.