Paprika Potato and Pea Stew with Flatbread

4 bowls of stew, each with 1 homemade flatbread · Active 30 min · Total 55 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 large onion, diced (150 g)
- 2 garlic cloves, minced (6 g)
- 2 teaspoons sweet paprika (4 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1 3/4 lb potatoes, peeled and cut into 3/4-inch/2 cm pieces (800 g prepared)
- 2 cups water (480 ml), for stew
- 3/4 teaspoon fine salt (4.5 g), divided: 1/2 teaspoon for stew and 1/4 teaspoon for bread
- 2 cups frozen peas (280 g)
- 2 cups all-purpose flour (240 g), including 20 g for rolling
- 1 teaspoon baking powder (4 g)
- 3/4 cup plain yogurt (180 g)
- 2–4 tablespoons water (30–60 ml), for dough

Set out

Large lidded saucepan, Mixing bowl, Rolling pin, Dry heavy skillet

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Mix 220 g flour with baking powder and 1/4 teaspoon salt. Add yogurt and enough of the dough water to make a soft dough. Knead briefly, cover and rest for 15 minutes.

2. Heat oil in the saucepan over medium heat. Cook onion for 7 minutes, then stir in garlic and paprika for 30 seconds. Add tomatoes, potatoes, 2 cups/480 ml water and remaining 1/2 teaspoon salt. Bring to a simmer, cover and cook for 20–25 minutes until potatoes are tender.

3. Meanwhile, divide dough into four pieces. Use the reserved 20 g flour for rolling each into a 7-inch/18 cm round. Heat the dry skillet over medium-high heat and cook each bread for 2–3 minutes per side until browned in spots and cooked through with no raw dough. Keep under a clean towel.

4. Add peas to the stew and simmer for 4–5 minutes, or the longer package-specified cooking time. Divide stew among four bowls and serve one flatbread with each.

One bag of flour, more than one supper

Plain flour is used for bread here and as a small thickener elsewhere in the collection. Baking powder keeps the dough quick, without a long yeast rise. Make only the four rounds you need unless you have a clear plan to freeze the extra bread.

A useful detail

If the stew becomes thick before the potatoes soften, add a little hot water. The bread and stew stages overlap; allow more total time if using only one burner.

Keep it well

Refrigerate stew in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. Keep cooled flatbreads wrapped and refrigerated for up to 2 days, or freeze for up to 1 month; warm before serving.