

SWISS CHARD AND HAM STEW



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- Supercook SC250
- Supercook SC300
- Supercook SC380
- Supercook SC400

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0.5 onion

15 □□□□□□□□□ □□□□□□□□□□

500 □□□□ chard

100 □□□□ ham

1 clove of garlic

1 □□□□ water

100 milk cream
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Pepper or merkén

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