



Buckwheat with Beans and Tomatoes - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Canned Tomatoes <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Millet Groats <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Carrot <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Canned White Beans <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Onion <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	10	Gram	1 ml