



ADJUKI BEAN SOUP

50g Adjuki Beans soaked overnight

50g Split peas soaked overnight

50g Lentils soaked overnight

Pinch of black pepper

1 Onion chopped

1 Carrot chopped

2 Celery Sticks chopped

Juice of one lemon

Cherry tomatoes (to taste)

4 Cups Water

1 Stock cube

Mix altogether in a pot and allow to simmer for 2-3 hours

Eat hot, or store in a container and refrigerate. Can be kept for 12 days.

THIS IS ONLY A GUIDE.

PANTRYMAN