

jar of hope

cooking instructions:

1. Place contents of jar into a large pot
2. Add 4-5 jars of hot water
3. Bring everything to boil
4. Once boiling, lower the heat
5. Cook on a low heat for about 1 hour

4 jars of water = stew
5 jars of water = soup

ingredients

1 cup rice; 1 cup soup mix
1 cup lentils; 1 unwrapped stock
cube; 1 50g pkt soup powder



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