

# bag of hope

## cooking instructions:

1. Place contents of bag into a large pot
2. Add 2-2½ litres of hot water
3. Bring everything to boil
4. Once boiling, lower the heat
5. Cook on a low heat for about 1 hour

**2 litres of water = stew**  
**2½ litres 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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