

Mexican Beans & Lentil Soup good

① 2 tsp oil

2 onions

2 cloves garlic

1 tabley chili

② 1 can tomatoes 28oz / 796 ml

6 cups chicken or veg stock

2 cups water

$\frac{3}{4}$ cup red lentils -

1 can each (19oz / 540)

Chickpeas, red kidney beans

black beans, drained &

rinsed.

③ 1 tbsp coriander

$\frac{1}{2}$ tsp salt

1 tsp lemon juice

$\frac{1}{4}$ " pepper

Cook onions (1) till soften etc - add tomatoes

stock, water & lentils. Bring to boil. Simmer till lentils cooked. (20 mins)

Add beans (2) till heated through.

Stein # 3.