# bag of hope

#### cooking instructions:

- 1. Place contents of bag into a large pot
- 2. Add 2-21/2 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



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