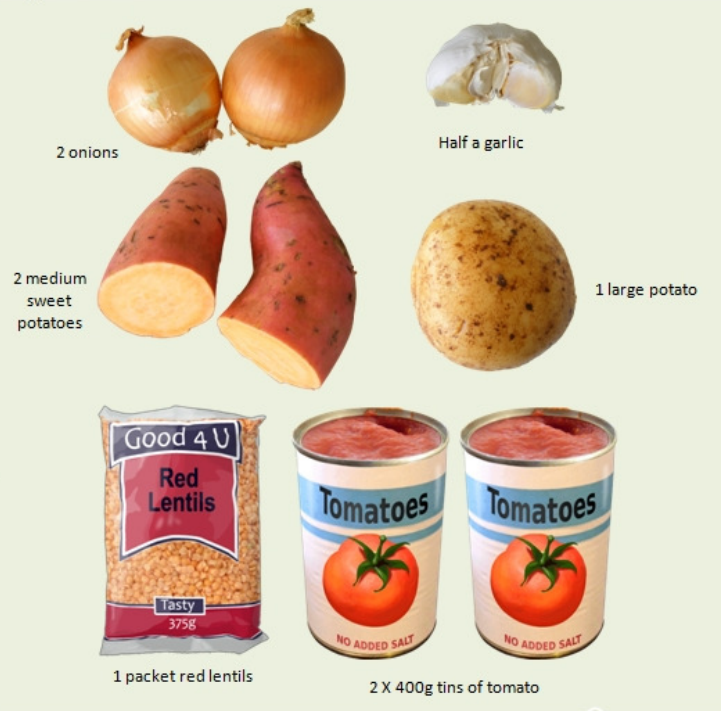


Lentil soup



Ingredients



Equipment



1 Prepare lentils



Just before cooking drain the water

Cooking





8

Add the sweet potato



9

Mix



10

Add 1 can of water and cook for 15 minutes until the potato is soft



11

Add the lentils
Add half teaspoon of salt



12

Add another can of water

Cook slowly for about 1 hour until the lentils are soft. Stir occasionally or the lentils will stick to the pot



13

Serve with damper or bread

How much should I eat?



1 mug is 5 serves of vegetables

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated,.

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