

Carrot and Lentil Stew

3 Carrots, 1 Onion, $\frac{1}{2}$ Mug Red Lentils, 2 Tablespoons Tomato Puree, 1 Teaspoon Oil, 2 Garlic Cloves, 1 Can Chickpeas, Teaspoon Cumin, $\frac{1}{2}$ Teaspoon Cinnamon,

2 Mugs Hot Water

(Serves 4)

1



peel and chop onion

2



add oil to pan and cook onion, add garlic

3



peel and chop carrots, add to pan

4



add lentils, tomato puree and water to pan

5



add spices and chickpeas after 30 mins

6



Cook for a further 10 mins and serve