

Ham Broth



Serves
4 people

Prep Time

Cooking

Total Time

Calories
359 kcal

Stuff that's in it:

- 10G Lurpack Lighter
- 600G Gammon ((Trimmed Of Fat))
 - 1 Large Carrot (Chopped)
 - 1 Large Onion (Chopped)
 - 2 Sticks Celery (Chopped)
- 200G Broth Mix ((A Mix Of Peas And Lentils, You Must Soak These Over Night Before Using))
 - 1.5 Ltrs Vegetable Stock

What you do:

Soak your soup lentil mix over night in water first as per packet instructions.

When you are ready to cook add the butter to a large deep pan, add the celery carrot and onion and gently sweat for around 7 minutes. Chop the gammon into chunks and fry all over, then add the broth mix, fill with the stock, bring to the boil then on the lowest light/heat cook for around 2-3 hours until the meat falls apart, stirring now and again.

Nutrition

- Carbs: 19g
- Fat: 18g

• Protein: 31g

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