

# Bacon and Lentil Stew



## Ingredients for 2 people:

3 or 4 potatoes scrubbed and diced  
1 onion, peeled and chopped  
2 large carrots, peeled and chopped  
70g diced bacon  
100g red lentils, rinsed and drained  
1 stock cube

## Method

1. Heat a large pan and add bacon bits.
2. When bacon has softened add chopped onion.
3. When onion is soft add carrot and potato.
4. Keep stirring to prevent sticking.
5. After a few minutes add 250ml hot water.
6. Stir in lentils and crumble in the stock cube.
7. Bring pot to gentle simmer.
8. Add up to 250ml more water.
9. Stir often until lentils and vegetables are soft.
10. Serve with hot crusty bread.

Leftovers make a good soup ~  
just add some water and liquidise to a smooth broth.

That's 4 meals for under £2.....

Healthy, nourishing, easy to eat and quick to cook.

**Enjoy**