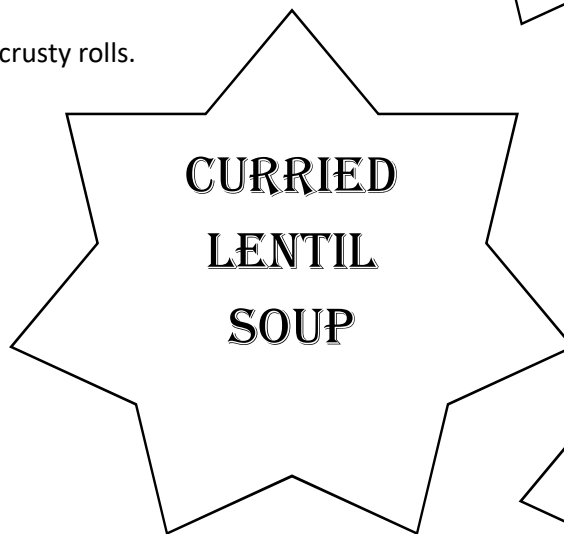


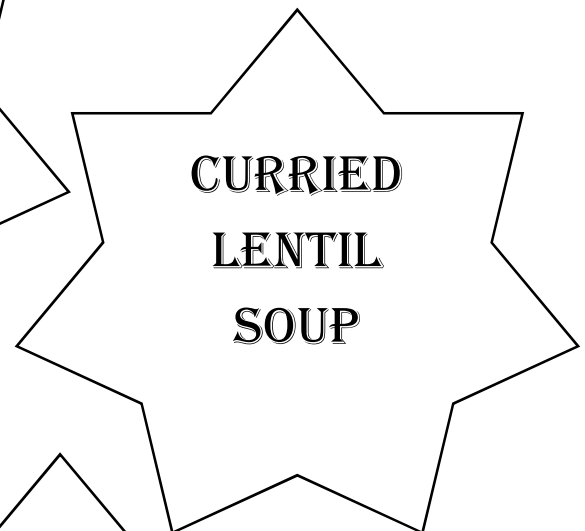
**Dinosaur Soup** Serves 4.  
 ADD: 1 tin diced tomatoes + 8 cups water  
 Place tomatoes and water in soup pan and bring to a boil. Add the contents of the jar and simmer for about 15 minutes or until pasta is cooked.  
 Enjoy with a salad and crusty rolls.



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**Ingredients:**  
 Parsley  
 Dried onions  
 Garlic salt  
 Chicken stock  
 Basil  
 Dinosaur pasta shapes



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 Parsley  
 Dried onions  
 Garlic salt  
 Chicken stock  
 Basil  
 Dinosaur pasta shapes

**Curried Lentil Soup** Serves 4  
 Bring 6 cups of water to the boil.  
 Add contents of jar and simmer for 30 minutes.



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 Bring 6 cups of water to the boil.  
 Add contents of jar and simmer for 30 minutes.

**Ingredients:**  
 Green split peas  
 Curry powder  
 Dried onions  
 Garlic salt  
 Parsley  
 Salt  
 Red lentils  
 Dried apple

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 Curry powder  
 Dried onions  
 Garlic salt  
 Parsley  
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