FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

# Ham Broth



| Serves | Prep Time | Cooking | Total Time | Calories |
|---|---|---|---|---|
| **4 people** | | | | **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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