



125mm
150mm

IMANA BROWN ONION FLAVOURED SOUP

SRVING SUGGESTION

150mm
300mm

TO MAKE A TASTY SOUP

4 SERVES

MICROWAVE: In a pot, pour packet contents into 800 ml cold water and bring to a boil. Stir in microwave or transfer to a bowl. Place on a plate and cook for 10 minutes. Turn heat to low and cook for 20 minutes. Bring to a boil, stirring throughout. Add onion and cook for 10 minutes. Strain and serve.

STOVE: In a pot, pour packet contents into 800 ml cold water and bring to a boil. Stir in microwave or transfer to a bowl. Place on a plate and cook for 10 minutes. Turn heat to low and cook for 20 minutes. Bring to a boil, stirring throughout. Add onion and cook for 10 minutes. Strain and serve.

PREPARATION TIME: 15 mins

COOKING TIME: 1 1/2 hours

SERVES: 4

Tasty Ideal!

FRUITY LAMB STEW

INGREDIENTS:

- 1 kg Stewing Lamb
- 1 tsp (5 ml) Garlic and ginger paste
- 1 Onion, chopped
- 2 Onions (200 ml) Oil
- 1 packet **IMANA Brown Onion Flavoured Soup**

METHOD:

- Put the meat with the garlic and ginger paste.
- 1 tsp (5 ml) Garlic and ginger paste
- 1 Onion, chopped
- 2 Onions (200 ml) Oil
- 1 packet **IMANA Brown Onion Flavoured Soup**

TIP: You can use cola instead of red grape juice.

400 g tin of tomatoes
1/2 cup (125 ml) Chopped tomatoes
1/2 cup (125 ml) Red grape juice

Bring slowly to the boil. Simmer for 1 - 1 1/2 hours or until lamb is soft and sauce has thickened.

Add peas and allow to heat through before serving.

15.2 g per 100 g
1802 kJ (430 kcal)
6.9 g Protein
64.9 g Carbohydrate
1.0 g Fat
61.9 g Sugar
2.3 g Salt
0.9 g Total Fat
0.9 g Saturated Fat
0.1 g Trans Fat
0.4 g Monounsaturated Fat
0.5 g Polyunsaturated Fat
1.6 g Cholesterol
3500 mg Sodium

Typical Nutritional Information (per 100 g powder serving)

60g (100% RDI)

Customer Care Line: 031 719 0444

STORE IN A COOL DRY PLACE

PRODUCT OF SOUTH AFRICA

Manufactured by: IMANA FOODS (Pty) Ltd
115 Qabusa Khayama Road, New Germany 5610

6 00627 11524025

60g

May contain genetically modified ingredients.

Allergens: Contains Wheat (Gluten), Soybean and Sesame. Flavour enhancers (E621, E622) and Spices (E319).

Ingredients: Meat (Lamb), Mince, Salt, Maltodextrin, Onion (Dehydrated), Sugar, Calcium (E309), Potassium Chloride (E307), Monosodium Glutamate Flavour Enhancer (E621), Flavonoids, Vegetable Oil (Palm Fruit Oil), Sesame Oil (E306), Soybean Protein Concentrate (E350), Yeast (E300), E302, E303, HMFs and Spices. Flavour enhancers (E621, E622) and Spices (E319).

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DESCRIPTION

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OPQRSTUVWXYZ

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RECIPE

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INGREDIENTS

ABCDEFGHIJKLMNO
PQRSTUVWXYZ

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6 COLOURS: Cyan, Magenta, Pantone 107 C,
Black, Pantone 497 C, Variant Pantone

VARIANT COLOURS:

