



1 serrano-ham bone

1 bay leaf

Paprika

Pepper

Lentil and serrano ham stew (texture modified diet)

Ingredients (serves 1)

150 g cooked lentils

50 g onion

1 garlic clove

50 g fried tomato sauce

25 g green pepper

100 ml water

1 slice of Serrano ham (8 g approximately)

1 tbsp extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

Method

1. Peel the garlic and the onion. Chop together with the green pepper.

2. Cut and grate the tomato.

3. In a saucepan, fry the garlic and onion at low heat with a splash of olive oil.

4. Add the paprika and the tomato sauce. Stir and cook at low heat until vegetables are soft.

5. Add the ham, the ham bone and bay leaf.

6. Cover with water and add the lentils.

7. Cook for about ten minutes. It's important that the stew has a soup-like consistency so it's easier to blend.

8. Season with salt and pepper to taste.

9. Take off the heat and remove the ham bone and the bay leaf.

10. Separate a bit of the liquid from the stew.

11. Blend the stew and add the necessary excess liquid to achieve the desired texture.