



Fit Tomato - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Vegetable Broth <i>(1 ml)</i>	750	Gram	1 ml
<input type="checkbox"/>	Tomato Passata <i>(1 g)</i>	500	Gram	1 g
<input type="checkbox"/>	Lard <i>(1 g)</i>	0.5	Cup	1 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	2	Piece	50 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Red Lentils, Dry Seeds <i>(195 g)</i>	0.5	Cup	195 g
<input type="checkbox"/>	Coconut Oil <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	Black Pepper <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	White Salt <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	Ground Chili Pepper <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	Parsley Leaves 2 <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	Turmeric <i>(1 g)</i>	1	Gram	1 g