

## Buckwheat with Beans and Tomatoes - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Canned Tomatoes</b> <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	<b>Millet Groats</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Carrot</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Canned White Beans</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(1 ml)</i>	10	Gram	1 ml

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