

Mixed Bean Soup

Serves 8



Ingredients (allergens in bold)

- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tablespoon oil
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon smoked paprika
- ½ teaspoon garlic granules
- 2 tablespoons tomato puree
- 1 can (400g butter beans) drained & rinsed
- 1 can (400g kidney beans) drained & rinsed
- 1 **veg stock cube** (to make 1 pint of stock)

Method

1. Chop the onion & the garlic finely and add to the pan with the heated oil.
2. Cook until soft, but not brown.
3. Add in the thyme, rosemary, smoked paprika & garlic granules and stir.
4. Add the tomato puree and mix well.
5. Pour in the butter beans and kidney beans mixing well.
6. Pour in the pint of veg stock and cook for 2 mins.
7. Blitz with a hand blender until smooth.
8. Enjoy!



Equipment

- Large pan
- Chopping board
- Vegetable knife
- Measuring jug
- Ladle
- Tablespoon
- Teaspoon
- Hand blender