

Quick Tomato & Bean Soup

Serves 6



Ingredients (allergens in bold)

- 1 medium onion – peeled and finely chopped
- 1 garlic clove – peeled and crushed
- 2tbsp rapeseed or olive oil
- 400g of fresh, chopped tomatoes or canned chopped tomatoes
- 400ml passata (or another 400g of fresh tomatoes or can of tomatoes)
- 1 **vegetable stock cube**, made up with 200ml boiling water
- 1 x 410g can borlotti beans – drained and rinsed
- Salt and pepper

Method

1. Put the onion, garlic and olive oil in the saucepan and cook slowly, stirring, until the onion is soft but not brown.
2. Add the tomatoes, passata and vegetable stock.
3. Bring to a simmer then continue to cook over a medium heat for about 10 minutes until the tomatoes have softened.
4. Add half the borlotti beans and either use a hand blender to whizz to a thick purée or mash with a potato masher until blended.
5. Add the remaining beans and cook for 5 minutes until it's all piping hot.
6. Season the soup to taste and thin it down with more boiling water if needed.



Equipment

- chopping board
- sharp knife
- wooden spoon
- can opener
- measuring jug
- medium-sized saucepan
- hand blender or potato masher

Recipe notes and tips

- This is a nutritious soup with the natural sweetness of tomatoes.
- Look for reduced salt stock cubes or powders.
- Canned plum tomatoes can be used – just chop them up a bit in the tin.
- For an extra portion of veg, add fresh or frozen spinach or canned sweetcorn at stage 5 of the method.