



## Butter bean soup

Serves 2

Prep time: 5 minutes

Cooking time: 25 minutes

Per portion

Calories: 179

Fat: 1.8g

Saturates: 0.4g

Carbs: 27.4g

of which sugars: 12g

Fibre: 10g

Protein: 10g

Salt: 0.6g

### Ingredients:

- 1 x 400g tin of butter beans, drained
- 300g tomato passata
- 1 stick of celery, sliced
- 1 small carrot, peeled and sliced
- 1 small onion peeled and finely diced
- 1 vegetable stock cube
- A little fresh parsley for garnish
- Salt and freshly ground black pepper
- Rapeseed oil spray

### Instructions:

Heat a medium-sized saucepan and add a couple of sprays of the rapeseed oil and add the onion, celery, sliced carrots and garlic and cook for 3-4 minutes.

Add the tomato passata, vegetable stock cube and 100ml of warm water to the saucepan and bring to the boil.

Once the liquid has come to the boil add the drained butter beans, a little salt and black pepper, reduce the heat slightly to a strong simmer and cook for further 20 minutes.

Serve the soup in warmed bowls topped with a little fresh parsley (optional)