

Mixed Bean Soup (using Capulet & Godiva beans)

Serves 8



Ingredients (allergens in bold)

- 1 red 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
- 3 tablespoons tomato puree
- 200g soaked & cooked BeanMeals beans (Capulet & Godiva)
- 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 & 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, kidney beans & BeanMeals beans mixing well.
6. Pour in the pint of veg stock and cook for 15 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