



TUSCAN BEAN SOUP



INGREDIENTS

- 1 can tomato soup
- 1 can mixed beans
- 2 teaspoons tomato puree
- 1 teaspoon mixed herbs
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic granules
- 1 vegetable **stock cube**
- 300ml (1/2 pint) hot water

EQUIPMENT

- can opener, large microwavable bowl,
- teaspoon, plate or cling film,
- medium sized oven proof dish,
- chopping board, sharp knife, grater

SERVES: 4

PREP TIME: 10 minutes
25 minutes

ALLERGENS: cereals containing gluten, milk,
celery

WHAT TO DO – ON THE HOB

- 1 Place the soup and mixed beans into a large saucepan.
- 2 Add the tomato puree, herbs, paprika, garlic granules, stock cube and water and mix together.
- 3 Place the pan on the hob. Bring to the boil, then reduce the heat and simmer the soup for 20 minutes until it has thickened slightly.
- 4 Serve the soup on it's own or with some toast or homemade garlic bread.

WHAT TO DO – IN THE MICROWAVE

- 1 Place the soup and mixed beans into a large microwaveable bowl.
- 2 Add the tomato puree, herbs, paprika, garlic granules, stock cube and water and mix together.
- 3 Cover the bowl with a plate (or cling film) and then cook in the microwave on HIGH for 6 minutes until piping hot.
- 4 Leave to stand for 2 minutes, then on it's own or with some toast or homemade garlic bread.

HANDY HINTS!

- * Any leftovers curry can be cooled and refrigerated until the next day.



Tuscan Bean Soup

ON THE HOB



1. Place the soup and mixed beans into a large saucepan.

2. Add the tomato puree, herbs, paprika, garlic, stock cube and water and mix together.

3. Place the pan on the hob and bring to the boil.

4. Reduce the heat and simmer the soup for 20 minutes until it has thickened slightly.

5. Serve the soup on it's own or with some toast or homemade garlic bread.

IN THE MICROWAVE



1. Place the soup and mixed beans into a large microwaveable bowl.

2. Add the tomato puree, herbs, paprika, garlic, stock cube and water and mix together.

3. Cover the bowl with a plate (or cling film) and cook on HIGH for 6 minutes until piping hot.

4. Leave to stand for 2 minutes.

5. Serve the soup on it's own or with some toast or homemade garlic bread.