



TUSCAN BEAN SOUP



INGREDIENTS

- 1 onion - peeled and finely chopped
- 2 celery sticks - finely chopped
- 2 medium carrots - peeled and diced
- 1 pepper - deseeded and diced
- 2 garlic cloves - finely chopped
- 1 x 410g can cannellini beans – drained
- 1 x 400g can chopped tomatoes
- 1 tablespoon tomato puree
- 750ml vegetable **stock**
- 1 teaspoon smoked paprika (optional)
- $\frac{1}{2}$ teaspoon turmeric
- 1 teaspoon mixed herbs and parsley

EQUIPMENT

- large saucepan, sharp knife,
- chopping board, wooden spoon,
- dessertspoon, teaspoon,
- measuring jug, can opener

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 25-30 minutes

ALLERGENS: cereals containing gluten,
celery, mustard (in stock)

METHOD

- 1** Prepare the vegetables and place in the saucepan.
- 2** Add the beans, tomatoes, puree, spices, herbs and stock cube and mix everything together.
- 3** Add water to the pan, then place the pan on the hob and bring to the boil. Reduce the heat and simmer for 25-30 minutes until the vegetables are soft.
- 4** Once cooked, season with black pepper and serve with a sprinkling of fresh (or dried) parsley and some homemade garlic bread.