Lunch

Rustic borlotti bean and vegetable soup

A chunky soup of borlotti beans, tomatoes and tender vegetables simmered with oregano and thyme, finished with a swirl of pesto and fresh basil.



Freezer safe

25 min	147	18.6 g	9.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tsp olive oil
- [ ] 1 onion, chopped
- [ ] 1 yellow pepper, chopped
- [ ] 1 carrot, diced
- [ ] 500 ml gluten-free, low-salt vegetable stock
- [ ] 400 g tin chopped tomatoes
- [ ] 2 cabbage leaves, chopped
- [ ] 1 heaped tsp oregano
- [ ] half tsp thyme
- [ ] 400 g tin borlotti beans, drained
- [ ] 2–4 cloves garlic, crushed
- [ ] 2 tsp pesto
- [ ] black pepper, a shaving of cheese, and sprigs of fresh basil, to serve

Method

- [ ] 1 Warm the olive oil in a pan, then add the onion, yellow pepper and carrot. Cook for 5 minutes, stirring often, until the vegetables start to brown.
- [ ] 2 Pour in the gluten-free, low-salt vegetable stock and chopped tomatoes, then stir in the cabbage leaves, oregano, thyme, borlotti beans and 2-4 crushed garlic cloves. Bring to the boil, lower the heat, fit a lid and simmer for 10 minutes.
- [ ] 3 Ladle into bowls, add a blob of pesto to each and sprinkle generously with black pepper. Finish with a shaving of cheese, if liked, and a sprig of fresh basil to garnish.

Nutrition Facts

Per serving

Calories	147
Total fat	3.2 g
Saturated fat	0.2 g
Sodium	Not listed
Total carbs	18.6 g
Fiber	7.8 g
Total sugars	9.8 g
Protein	7 g

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