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| Rest. Veg | Fat | Protein | Free Veg |
| 1 | 1 | 2 | 3 |

Beany Minestrone Soup

This tasty Italian beany minestrone soup is similar to minestrone but replaces pasta with beans. Beans are low in fat, and high in fibre, and with high protein can help to control blood sugar levels. Each serving of this flavoursome soup provides almost 10 grams of protein, 8 grams of fibre and only 1 gram of saturated fat.

The garlic in this soup not only provides the body with a natural cleanser but also has antiviral, anti-fungal and antibacterial properties. It is a great way to bulk up your free veg helping you get 3 servings per bowl. It also uses 2 proteins so a perfect and filling lunch options as the days turn colder.

Ingredients

- 3 tablespoons of olive oil
- 2 onions (200g chopped up)
- 2 carrots (200g sliced)
- 4 garlic cloves (crushed)
- 2 celery sticks (100g thinly sliced)
- 1 fennel bulb, trimmed and chopped
- 2 large courgettes (400g thinly sliced)
- 400g can chopped tomatoes
- 2 tablespoons pesto
- 1.5 pints vegetable stock
- 480g kidney beans, drained
- Freshly ground black pepper
- 450g baby spinach or shredded cabbage

Instructions

1. Heat the oil in a large saucepan.
2. Add the onion, carrots, garlic, celery and fennel and fry gently for 10 minutes.
3. Add the courgettes and fry for a further 2 to 3 minutes.
4. Add the tomatoes, pesto, stock and beans and bring to the boil.
5. Reduce heat and simmer for 30 to 40 minutes or until vegetables are tender.
6. Season with black pepper.
7. Fry spinach or cabbage in a little oil for 2 to 3 minutes.
8. Divide into 4 soup bowls and pour soup over.