



Tasty Tomato and Bean Soup

In the bag:

- Onion
- Garlic
- Celery
- Carrots
- Tin of tomatoes
- Tin of kidney beans
- Spice and herb bag
- Vegetable stock cube/s

You'll also need:

- Chopping board
- Sharp knife
- Grater (optional)
- Medium sized pot with lid
- Wooden spoon
- Blender or stick blender (optional)

- A dash of vegetable oil
- 1 pint (600ml) cold water

Method:

You can finely chop or grate the vegetables for this soup or roughly chop then blend once it's cooked.

- Prepare the vegetables: peel and chop the **onion** and **garlic** and wash and chop or grate the **celery** and **carrots**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft
- Add the **celery** and fry for a further minute or two then add the **carrot** for a further two minutes
- Add the **garlic** followed by the **tomatoes**, the **beans** (drained) and the contents of the **spice** and **herb** bag
- Sprinkle in the **stock cube** and add 1 pint (600ml) water – mix the soup well
- Turn the heat up and bring the mixture to a bubble before reducing the heat, covering the pot and cooking for *at least* 30 minutes – stir occasionally and add a little water if the soup becomes too dry
- If you like a smoother soup then finish by blending

More about your Tasty Tomato and Bean Soup

This soup can be served chunky or smooth depending on your taste.

If you like things spicy, add a little chilli when you add the garlic.

You could add any kind of tinned beans you like.

It is delicious with a little milk, cream or crème fraiche added at the end.

Top with fresh herbs if you like?
Coriander, mint, basil or parsley.

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake
#AtLeastFiveADay
#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 medium onion
- 2 cloves garlic
- 2 sticks celery
- 1 large or 2 small carrots
- 1 tin tomatoes (400g)
- 1 tin kidney beans (400g)
- 1 teaspoon each of paprika, turmeric, basil and oregano
- Vegetable stock cube/s (2 Oxo or 1 Knorr)

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt
#CookOnceEatTwice
#CommunityCooking