



## Carrot & butterbean soup

see poster

### What you need for four portions

- 1 teaspoon vegetable or sunflower oil
- 1 onion, diced
- 2 cloves of garlic, finely chopped
- 2 mugs of vegetable stock (1 stock cube)
- 5 carrots, peeled and thinly sliced
- 2 medium potatoes, peeled and thinly sliced
- 3 dessertspoons tomato puree
- 3 dessertspoons fresh parsley, chopped (optional)
- 200g tinned butterbeans (drained)

- Add the tomato puree (and parsley if using)
- Remove from the heat and blend or mash the soup
- Add water if the soup is too thick
- Add the butterbeans, season to taste and heat through.

### What you need to do

- Heat the oil in a medium sized non stick pan, add the onion and garlic and lightly cook until soft
- Add the stock, carrots and potatoes and simmer for 15 minutes, or until the potatoes have cooked through



### Optional

- Serve with crusty brown bread
- Add more vegetables to make the dish go further