

Italian Bean Soup

Serves 4-6 (Low fat, high fibre, vegetarian)

Ingredients: -

225g/8oz - dried white beans, e.g. haricot or butter beans. Tinned beans could be used.

600ml/1 pint – water

1 - clove garlic, crushed

1 - large carrot, sliced

4 - tomatoes, skinned and chopped

1 - large onion, chopped

1 - celery stick, sliced

1 - bay leaf

30ml/2 tbsp - chopped parsley

Finely grated rind and juice of half a lemon

Salt and pepper

Method: -



Put the beans in a large bowl, cover with the water, leave to soak overnight, alternatively pour over some boiling water and soak for several hours.

Make up to 1M2litre/2 pints with stock or more water.

Place the beans and liquid in a large pan, add all the remaining ingredients except the parsley.

Bring to the boil and boil for 10 minutes to destroy the toxins in the beans, simmer for 1-1½ hours until the beans are tender, adding more water if necessary.

Discard the bay leaf.

Transfer half of the beans and liquid into an electric blender.

Return the puree to the soup and bring to the boil, stirring constantly.

Taste and adjust the seasoning.

Add more liquid if soup is too thick.

Sprinkle with parsley.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
