



BUTTER BEAN & VEGETABLE SOUP

Wellbeing Recipes

Difficulty Easy
Servings 6
Duration 15 min. preparation
 50 min. cooking

Ingredients

- 35ml olive oil
- 150g onion, peeled and finely diced
- 2 tsp (10g) crushed garlic
- 1 tbsp tomato paste
- 1 tsp fresh thyme, finely chopped
- 750ml vegetable stock, hot
- 500g cauliflower, stalk removed and cut into 2cm pieces
- 200g carrots, peeled and cut into 2cm pieces
- 200g mushrooms, sliced thickly
- 150g red capsicum, core removed, de-seeded and cut to 2cm cubes
- 450g frozen peas
- 2 x 410g cans butter beans
- 2 x 410g cans crushed tomatoes
- 2 stalks spring onion, thinly sliced
- Salt and freshly ground black pepper



Chef's tip: You can substitute butter beans with any canned beans that you have

Instructions

1. In a large pot, heat half the olive oil over a medium heat.
2. Add onions, garlic, tomato paste and thyme. Cook, stirring occasionally, until onions are soft.
3. Add in half of the vegetable stock and the cauliflower. Bring to the boil and cook for approximately 5 minutes, until cauliflower is soft.
4. Allow to cool and purée with hand blender until smooth.
5. Heat remaining olive oil in another large pan and add carrots and mushrooms. Cook for 2 minutes, then add capsicum. Cook for a further 5min.
6. Add the carrots, mushrooms and capsicum into the cauliflower purée along with peas, butter beans and crushed tomatoes. Bring to a boil.
7. Add remaining stock and salt and pepper. Return to a boil and reduce to a simmer.
8. Cook for 20 minutes uncovered on a medium heat until stew has thickened.
9. Serve garnished with spring onion

This recipe is from Gemma - a hospitality consultant, food stylist and commercial cookery teacher who has a passion for healthy living. Since her MS diagnosis 3 years ago, Gemma has structured her own diet on simple, nutritious and healthy meals, with an increased focus on fruit and vegetables.