

# BEAN & TOMATO SOUP



## Food Fact:-

Beans are an excellent source of protein, make sure to buy them low salt/sugar.

Tomatoes contain compounds that have been proven to help prevent cancer, heart disease, cataracts and many other diseases.

They contain large amounts of vitamin C, providing 40% of the daily value, 15% of vitamin A, 8% of potassium, and 7% of iron RDA for women and 10% RDA for men.

**Preparation time** 6 mins

**Cooking time** 12 mins

Serves 6

**REAL FOOD  
WORKS**

## BEAN & TOMATO SOUP

### Ingredients

1. Put the celery, onion and thyme and a tablespoon of stock of stock in a large microwavable bowl, cover and cook on HIGH for 2-3 minutes
2. Remove the sprig of thyme, add the tomato and beans, to the celery and onion; add the remaining stock, a few drops of Worcestershire sauce and seasoning to taste.
3. Heat on HIGH for 5 minutes.
4. Stand for 2 minutes before serving.
5. Puree until smooth, reheat for 1-2 minutes, if necessary

**2 celery sticks, chopped finely**  
**1 small onion, chopped finely**  
**fresh thyme sprig**  
**575 ml (1 pint) hot vegetable stock**  
**400 g can of tomatoes**  
**400 g can of baked beans in tomato sauce**  
**Worcestershire sauce**  
**salt and pepper**  
**chopped fresh parsley, to garnish**

