



This Weeks

Recipe

On a budget

Tomato & Bean Soup

INGREDIENTS

(Serves 4)

1 medium onion

2 cloves of garlic

1 carrot

500ml stock made with 1 stock cube and water

1 x 400g tin of baked beans—washed

1 tsp thyme

1 x 400g carton or tin of chopped tomatoes)

INSTRUCTIONS

- Peel and chop the onion, peel and finely chop the garlic, wash and chop the carrot. Put them all into a saucepan and cover with the stock.
- Drain and rinse the tinned beans, then throw them into the pan.
- Add the herbs and the chopped tomatoes, then simmer for 30 minutes until the veg are soft.

This soup can be served chunky – by tipping half into a blender, pulsing and mixing the purée back in with the chunky half in the pan – or smooth, by pulsing the lot in a blender.