



COME ON

LET'S
DO
THIS

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

LOW

per 100g

Portions
fruit & veg
per serving

3

Quick pea & butter bean soup

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 10 mins | cook 10 mins

Quick pea & butter bean soup

Adding butter beans to this pea soup means each bowl contains a portion of beans and over a portion of vegetables. Both peas and beans are a source of protein. This tasty homemade soup is made in under 20 minutes.

Ingredients

- 2 tsp rapeseed oil
- 2 onions (160g), chopped
- 2 cloves garlic, crushed (optional)
- Good pinch pepper
- Pinch thyme and pinch to serve
- 2 reduced salt vegetable stock cubes dissolved in 1.2 litres water
- 3 tbsp 0% fat Greek yoghurt
- *To serve:* Wholemeal bread rolls (not in nutritional analysis).

Healthy boost ingredients

- 500g frozen peas
- 2 x 400g tin butterbeans drained and rinsed.

Top tips

- Try adding other herbs such as mint or oregano.

Method

1. Add oil to a pan then add the onion and cook gently for 5 minutes, stirring regularly, to soften – don't brown the onion
2. Add the garlic, peas, pepper, thyme and vegetable stock stir and bring the soup to the boil, turn down the heat and simmer for 2 minutes
3. Add the butter beans and bring back to boiling point then remove from the heat, stir in 2 tablespoons of the yoghurt and blend until smooth
4. Serve topped with a small blob of low fat plain or greek style yoghurt, a little thyme and freshly ground black pepper.



Nutritional information

Each serving contains:

| Calories | Fat | Saturates | Sugars | Salt |
|------------|-------------|-------------|--------------|-------------|
| 261 | 3.5g | 0.6g | 10.9g | 0.1g |
| 13% | 5% | 3% | 12% | 2% |

%= an adult's reference intake

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