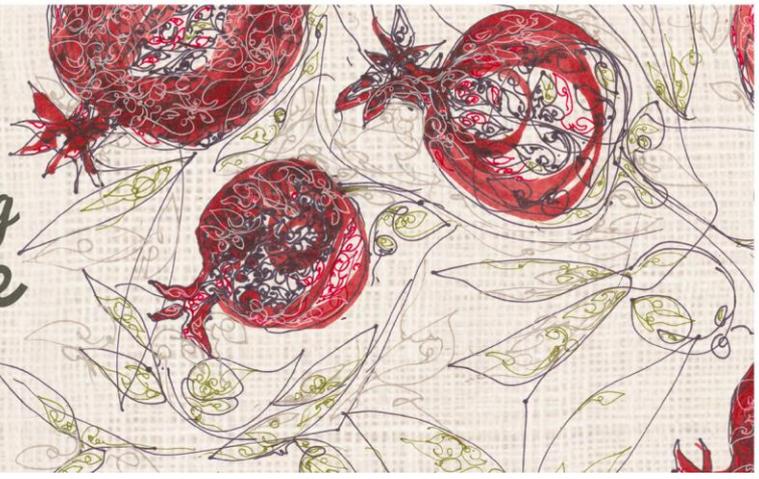




Creating
an
appetite
for life



Hearty Bean Soup

Preparation 20 minutes (Soak broad beans the night before) **Cooking** 1-2 hours **Makes** 10 x 340g serves
Cost \$2.96 per portion (based on retail prices) **Season** Any **Ability** Easy **Can Freeze** **Equipment** Stove

Did you know? Compared to a serving of pumpkin soup, this hearty bean soup contains over double the protein and 50% more fibre.

Ingredients

400g cooked broad beans (200g dried, soaked overnight and cooked)
¼ cup Extra Virgin Olive Oil
20g butter
2 onions
2 cloves garlic, finely chopped
8 sprigs thyme
2 carrots, cut into ¾ cm dice
2 sticks celery, cut into ¾ cm dice
250g cooked smoked pork belly
Rind from a 200g piece of Regianno Parmigiano plus some shavings for garnish
500g tomato passata
1.5L brodo stock
1 large zucchini ¾ cm dice
1 cup green beans, chopped into 1cm lengths
½ bunch kale
Sea salt
Black pepper
Parmesan to garnish
Flat leaf parsley to garnish



Method

1. Place the broad beans in a bowl and cover with 4 times the amount of water, leave overnight or for 12 hours.
2. The next day, strain and rinse the beans, place in a large pot with 4 times the amount of fresh water, bring to the boil, skim off any white bubbles, turn down and simmer for 40 minutes or until tender.
3. Heat a large pot on the stove, add the Extra Virgin Olive Oil, butter, diced onion, thyme and garlic, cook gently, avoid getting any colour, lightly season.
4. Add the diced carrot, green beans, celery and diced pork belly, cook for 2 minutes.
5. Deglaze the pan with the stock, add the passata, bring to the boil, skim off any impurities, place a lid three quarters over the pan and simmer 30 minutes.





6. Add the broad beans, zucchini and finely chopped kale, simmer for a further 20 minutes.
7. Allow to sit for 10 minutes, remove the thyme and parmesan rind and check seasoning.
8. Ladle into soup bowls, top with fresh leaves of chopped flat leaf parsley, a drizzle of olive oil and shaved parmesan.

Nutritional Information

Hearty Bean Soup - Serving Size: 340g		
	Per Serving	Per 100g
Energy (kJ)	700	207
Protein (g)	11.3	3.4
Fat (g)	8.8	2.6
- Saturated (g)	2.4	0.7
Carbohydrate (g)	8.7	2.6
- Sugar (g)	6.0	1.8
Fibre (g)	4.4	1.3
Sodium (mg)	796	235

