



BEAN SOUP WITH PESTO

Portions: 4
Preparation time:
30 minutes
Cooking time:
30 minutes
Approx cost:
£4.39

Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
1755.83
421.80
24.28
13.63
32.36
11.26
1534.86
3.98

Ingredients

For the pesto

½ garlic clove, peeled
25g spinach, watercress and rocket
25g fresh basil leaves
25g skin-on almonds, roughly chopped
5 tbsp olive oil
1 tsp lemon juice
Salt, to taste
Black pepper, to taste

For the soup

2 tbsp extra virgin olive oil
2 garlic cloves, peeled and sliced
2 carrots, chopped
1 onion, thinly sliced
1 courgette, chopped
2 celery sticks, sliced
400g tinned cannellini beans
400g tinned borlotti beans
900ml vegetable stock



Did you know?

Eating your 5-a-day is easy! Just 50g of legumes or pulses count as one portion.

Instructions

1. Put all the pesto ingredients in a food processor and blend until it forms a green paste with a little crunch. Add seasoning to taste.
2. Heat oil in a large saucepan or casserole dish and gently fry the onion, celery, courgette and carrots for 10 minutes, stirring occasionally.
3. Add the garlic and stir for a few seconds, before adding the beans and vegetable stock.
4. Bring the soup to a simmer, then adjust seasoning to taste.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



CENTRE FOR
MICROBIAL
INTERACTIONS

