

# Greens and beans soup

Recipe recommended by Rebecca Szczypka  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	299 kj	4%
Energy (kcal)	72 kcal	4%
Fat	1.8g	3%
of which saturates	0.5g	3%
Carbohydrate	6.3g	2%
of which sugars	1.3g	1%
Fibre	4.2g	17%
Protein	5.4g	11%
Salt	0.1g	2%

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### INGREDIENTS: (Serves 4)

- 2x onions – finely chopped
- 2x **CELERY** stalks – finely chopped
- 1x 400g tin haricot beans - drained and rinsed (240g drained weight)
- 200g kale, trimmed of woody bits and roughly chopped
- 150g spinach
- 20g **PARMESAN** – grated (**MILK**)
- Handful of **ALMONDS** – lightly crushed (**TREE NUTS**)

### Notes:

This is a great recipe to batch cook. Freeze in portions and defrost as needed.

### METHOD:

1. In a medium saucepan, 'fry' the onions and celery with a large pinch of salt in a splash of water over a low heat for about 15minutes. – until soft and translucent.
2. Add the beans and 1ltr of water. Season with salt and lots of black pepper. Bring to a simmer for 10minutes or so, then add the kale and spinach. Cook for about 5 minutes, being careful not to over cook the greens.
3. Blitz with a hand or jug blender until smooth, return to pan and heat through to thicken to taste.
4. Top with crushed almonds, parmesan and more black pepper. Enjoy

### ALLERGENS



TREE NUTS



CELERY



MILK

### MODIFY

Use a dairy free parmesan alternative

Omit or swap the almond topping

### CREDIT

Recipe and photo by: R.Szczypka

