

Loubia – North African Soup

Recipe recommended by Yasmine Fellah Nutrition Student @ University of Exeter

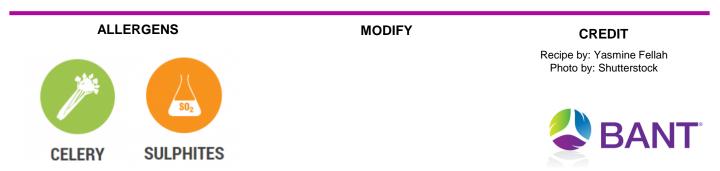


INGREDIENTS: (Serves 2, 318kcal per 306g)

2 tins of butter beans (May contain SULPHITES)
1tbsp tomato purée
1 onion
4 garlic cloves
2 stems of CELERY, chopped
2 chillies, finely sliced
2 tsp white pepper
2 tsp cumin
2 tsp salt
2tbsp paprika
10 sprigs of parsley, finely sliced

METHOD:

- 1. Fry the onions and garlic until lightly golden, then add your celery and chillies, spices and tomato purée.
- 2. Put over a high heat and stir for one minute, then lower the heat and add in 2 ½ mugs of boiling water
- 3. Cook this for 20 minutes and then add your butter beans until the water full reduces and you are left with a sauce like texture.
- 4. Before serving, mix through your parsley.



MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g | | |
|-----------------------------|--------------|-----|
| | PER 100G %RI | |
| Energy (kj) | 376kj | 5% |
| Energy (kcal) | 89cal | 5% |
| Fat | 0.6g | 2% |
| of which saturates | 0g | 1% |
| Carbohydrate | 13g | 5% |
| of which sugars | 1.3g | 3% |
| Fibre | 5.7g | 34% |
| Protein | 5.6g | 9% |
| Salt | g | 4% |

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