

Loubia – North African Soup

Recipe recommended by Yasmine Fella
Nutrition Student @ University of Exeter



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% |

Generated by Nutritics v5.61 on 12/09/2022

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.

ALLERGENS



CELERY



SULPHITES

MODIFY

CREDIT

Recipe by: Yasmine Fella
Photo by: Shutterstock