

# Hearty, healthy winter bean soup

A delicious soup perfect for winter! Beans and lentils are a healthy source of protein. Makes enough for eight servings.

## Ingredients

- 1 cup sugar beans, dried
- 1 tablespoon Canola oil
- 2 carrots, chopped
- 1 onion, chopped
- 1 clove of garlic, finely chopped
- 8 cups (2 litres) homemade stock (or substitute with water and 3 tablespoons of dried mixed herbs added to the water)
- 1 tablespoon dried mixed herbs
- 4 tomatoes, chopped
- 1 tablespoon tomato paste
- 2 cups thinly sliced cabbage or spinach
- ¼ cup chopped fresh parsley
- 2 teaspoons sugar
- ½ teaspoon salt
- lemon juice and black pepper to taste

## Method

1. Soak beans in 1 litre of water overnight. Rinse and drain.
2. Heat oil in a large pot and fry carrots, onion and garlic.
3. Stir in the stock, dried herbs, lentils and beans.
4. Bring to the boil and reduce the heat. Simmer with a lid for 1½-2 hours or until the beans are tender.
5. Add tomatoes, tomato paste and cabbage and simmer for another 15 minutes. Stir in the parsley, sugar and salt.
6. Season with lemon juice and pepper.



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*Please note: Only add the tomatoes after the beans are cooked, otherwise it will prevent the beans from softening.*