

Nourishing mixed bean soup



10g organic butter or coconut oil
1 medium sized white onion,
finely chopped
3 medium sized carrots, sliced
2 large sticks celery, finely chopped
800g chicken breast/meat free
chicken*, diced
2 garlic cloves, crushed
1 tsp paprika
1 tsp ground cumin
½ tsp Himalayan pink salt
1 tsp dried thyme
1 x 400g tin chopped tomatoes
1 medium salad tomato, diced
15g tomato purée
1 pint chicken or vegetable stock
(see recipes on page 58)
1 red pepper, sliced
200g mixed beans, drained

SERVES 4

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

PER SERVING:
290 Calories
16g Carbs
43g Protein
6g Fat

Heat the butter or oil in a large pan. Add the onion and cook gently until softened. Add the carrot and celery and cook for 5 minutes, stirring regularly.

Add the chicken, garlic, spices, salt and thyme. Cook stirring for 10 minutes.

Add the tomatoes, purée, stock and red pepper. Bring to a simmer and cook uncovered for 50 minutes.

Add the mixed beans and cook for a further 5 minutes.

Once cooled, refrigerate for up to 3 days or freeze on the same day.

