



## Quick bean and vegetable soup

A medium choice for weight loss, but great for weight maintenance. A quick and tasty dish - the beans here are the source of protein. Why not make extra and freeze for convenience at a later date?

### Ingredients

- 2 fresh or tinned tomatoes (4 cherry tomatoes)
- ¼ tin mixed beans (or any type of tinned beans except baked)
- 1 shallot, chopped or ½ leek, sliced
- Handful of broccoli, small floret's
- 4 mangetout, sliced on an angle
- 1 spring onion, cut into strips
- (optional) firm tofu, 2 tblsp cubed
- 1 -2 tsp. Swiss vegetable bouillon
- 2 tsp. olive oil
- 1 tblsp fresh or 1 tsp. dried basil
- Water



Recipe developed by Sharyn Singer

### Method



1. Mix 1 tsp. of vegetable bouillon into a ½ pint of water
2. Add all vegetables except broccoli, mangetout and spring onion
3. Add drained beans and tofu and cook for 10 min
4. Add remainder of vegetables, herbs and olive oil and cook for 3-5 min. until vegetables tender

The Grange  
Welford Road

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