

Hearty Beef and Bean Soup

energy	protein	fat	carb	fibre	sodium	per portion
939kJ	29g	4g	22g	6g	887mg	

Serves: 4

- 1 onion, finely chopped
- 2 cloves of garlic, crushed
- 2 carrots, peeled and roughly chopped
- 3 sticks celery, finely sliced
- ½t smoked paprika
- 400g stewing beef or chuck steak
- 50g tomato paste
- 1l beef stock (diluted by half)
- 1 tin kidney beans
- 100g spinach

Method:

Heat a little olive oil in a heavy based pot and sauté onion, garlic, carrots, celery and paprika for a few minutes or until vegetables begin to soften.

Add the beef and brown well.

Stir in tomato paste and cook for 1 minute.

Pour in stock, cover and allow to simmer over a low heat for about 1½-2 hours, or until meat is tender.

Add the beans and spinach and cook for a further 10 minutes.

Season with salt and freshly ground pepper and serve immediately.

Top tip:

Kidney beans are not only full of cholesterol-lowering fibre, they are also a great source of other vitamins and minerals.