

# Carrot and Butterbean Soup



## Ingredients

- 600 g carrots
- 2 tins butterbeans
- 1 onion
- 1 litre water
- 2 stock cubes chicken or vegetable (or 1 of each)
- 1 tsp ground coriander
- Black pepper to season
- 1 tbsp oil

**A filling meal for the family.  
It is a good source of fibre and vitamins**

## Method

1. Peel and chop the onion
2. Wash and chop the carrots into small chunks
3. Add 1 tbsp oil to a pan. Add the onions and cook for a few minutes until they soften
4. Add the carrots and cook for another few minutes
5. Add 1 tin of butter beans, coriander, water, stock cubes and black pepper to the pan. Bring to the boil, cover then lower the heat and simmer for 25-30 minutes.
6. When cooked use a blender to blend until smooth. (If you do not have a blender you can use a potato masher, the soup just won't be as smooth)
7. Add the 2nd tin of butter beans, then return to a low heat for a few minutes.
8. Serve



**Leftovers will last in a sealed container in the fridge for 3 days. Also suitable to freeze**