



Wholesome bean stew

Prep: 5 minutes • Cook: 30 minutes • Serves: 2



Ingredients

100g carrots, peeled and chopped
1 low-salt vegetable stock cube made up with 300ml boiling water
400g tin of white beans (any type) rinsed and drained
2 tablespoons tomato puree
1 teaspoon dried mixed herbs
100g frozen peas

To serve

Black pepper
50g grated cheddar cheese
2 thick slices of bread or 2 crusty rolls

- 1 Put the carrots into a pan and cover with the boiling stock. Simmer for 4 minutes.
- 2 Add in the drained beans, tomato puree and mixed herbs and stir.
- 3 Reduce heat and simmer for 20 minutes, then add the frozen peas and cook for 3-5 minutes more.
- 4 Serve into 2 dishes with the bread and season with black pepper. Sprinkle over the grated cheese.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✗
Low fat ✗

Cost per portion (August 2022) **73p**

Carbohydrate **71g**

Energy in kcals **472**