



# Leeds and York Partnership



NHS Foundation Trust

## Easy Bean and Tomato Soup- serves 2 people



### INGREDIENTS

- One small onion
- Olive oil
- One can of beans in water (cannellini or butterbeans)
- One tin of chopped tomatoes
- 1 Litre of low salt chicken/vegetable stock
- Salt and pepper
- Optional: chilli flakes



First **wash your hands** with soap and water



Peel and chop **one small onion**



Heat **one tablespoon of olive oil** in a large saucepan

**Fry the onion** until soft



Drain and rinse **one tin of beans**

Add the beans to the pan with the onions

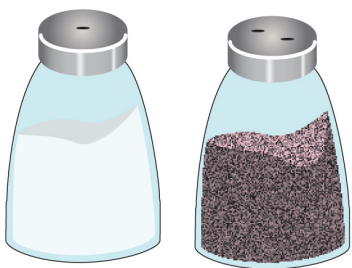


Add one tin of **chopped tomatoes**



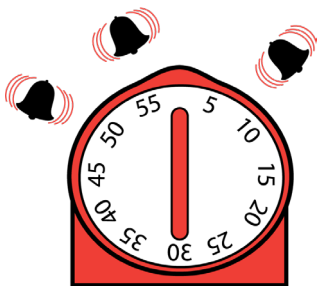
Add one litre of **low salt chicken** or **vegetable stock**

**Stir well**



Add **salt and pepper** to taste

You can also add a **pinch of chilli flakes** if you like spicy soup!



Cook gently for **30 minutes**

**Enjoy!**

If you are worried about your diet and would like more help contact your GP.

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