



Beany Soup

Servings: 1.5l

Prep Time: 10min

Cook Time: 30min

Ingredients

- 1 packet Chunky Veg Soup mix (600 g)
- Olive Oil
- 1 can baked beans in tomato sauce
- ½ can diced tomatoes
- 1 beef stock cube mixed with 625 ml boiling water
- 1 packet Instant Noodles – cheese flavour, broken up finely

Directions

1. Gently toss the vegetable mix in a dash of heated olive oil. Cook for 2-3 minutes with the pot lid on to encourage the spinach to wilt.
2. Add half the baked beans in tomato sauce, diced tomatoes, and hot stock.
3. Bring to the boil, and simmer steadily for 30 minutes. Use a hand held stick blender to puree the soup.
4. Add in the remaining baked beans, noodles and their flavouring, and set aside with the pot lid on for 5 minutes before serving. Check for salt and pepper.