

BEAN & BACON SOUP

Time: 30 minutes

Serves: 6

Ingredients:

6 slices bacon – cut into matchsticks
4 sage leaves – chiffonade
2 cloves garlic - finely chopped or grated
2 stalks celery – diced
4 roma tomatoes – diced
4 cups chicken stock
2 19-ounce cans white kidney beans – rinsed and drained
1 pinch fresh ground black pepper
½ teaspoon salt – or to taste

Preparation:

Place a suitable pot on medium-low heat.

Add the bacon, stirring occasionally until lightly browned.

Stir in the sage and garlic, stirring occasionally for five minutes.

Add the celery and tomatoes, occasionally for two minutes.

Stir in the stock and turn heat to high, until a simmer is reached then, add the beans and simmer for two minutes.

Mash with a potato masher to slightly thicken the soup.

Stir in the pepper and salt to taste.

Serve immediately or store and reheat before serving.

Nutritional Information Per Serving:

Calories: 244
Fat: 8g
Carbs: 3g
Fibre: 8g
Protein: 16g