



Pea and Pesto Soup (Serves 4)

This soup is a great low-calorie lunch and provides 1 portion of your 5 a day. The pasta helps to thicken the soup making it a very satisfying meal.

Ingredients

- 1tsp oil
- 1 garlic clove, crushed (optional)
- 1 stock cube (made up to 1 litre with water)
- 1 tin butter beans, drained (any tinned beans will work)
- 200g frozen peas (tinned will also work)
- ¼ jar green pesto
- 75g pasta (optional)

Method

1. Heat oil in large pan, add garlic and cook for 1 minute
2. Stir in butter beans, pour in the stock and bring to the boil
3. Add pasta, reduce heat and let simmer for 10 minutes
4. Pour in peas and simmer for a further 5 mins, until pasta and peas are cooked through
5. Stir in the pesto and serve

Nutrition

Butter beans are low in fat and being high in fibre and protein can help you to feel full for longer. Beans and pulses count as one of your 5 a day, but no more than one 80g portion counts as they contain fewer vitamins and minerals than other fruits and vegetables.

Nutrition per portion - 415g

Energy 237kcal 12%	Fat 7.9g 11%	Saturates 1.2g 6%	Sugars 4.6g 5%	Salt 1.1g 19%	Protein 10.3g 21%	Carbs 28.6g 11%	Fibre 7g
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% of an adult's reference intake

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