



Spicy fava bean soup

(serves 4)

A flavoursome, filling, hearty soup for people who love a spicy kick. A nutritious, versatile recipe, for any winter day. Try it with our green pea bread. Enjoy!

Ingredients

1 diced onion	1 tin of fava beans
2 cloves of garlic	1 teaspoon of hemp oil
1 diced carrot	2 teaspoons chilli powder
1 small diced sweet potato	2 teaspoons ground cumin
1 diced red pepper	4 teaspoons of oregano
½ vegetable stock cube mixed with 400g of water	1 tin (400g) of chopped tomatoes
	Pinch of black pepper

Method

1. In a pot add the oil, onion, carrots, sweet potato and cook for 5 minutes.
2. Stir in the red pepper, garlic and spices.
3. Add the stock cube to water to make stock and add to pot.
4. Drain and rinse the fava beans.
5. Add the fava beans and tomatoes to pot.
6. Cook the vegetables to your desired texture.
7. Season with black pepper and serve.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	175kJ 42kcal	2.2g	0.6g	0.1g	7.0g	3.3g	2.9g	0.2g
Per 360g Serving	632kJ 150kcal	7.9g	2.1g	0.3g	25.0g	12.1g	10.8g	0.6g