



---

## Mediterranean Soup with Cavolo Nero

---

Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

- 1 tbsp olive oil
- 1 onion, chopped
- 1 red pepper, diced
- 1 litre chicken stock
- 400g tin chopped tomatoes
- 410g tin cannellini beans, drained and washed
- 200g Cavolo Nero, shredded

### Method:

Heat the oil in a large saucepan and fry the onion and pepper for 4–5 minutes. Add the remaining ingredients and season.

Bring to the boil, simmer covered for 6–8 minutes. Serve with warm crusty bread.

**Tip:** Add some diced chorizo with the onions for a more substantial meal.

### Nutritional information:

- 212cals
- 18g protein
- 6g fat (of which 1g saturated)
- 26g carbohydrate (of which 11g sugar)
- 8.5g fibre
- 2.2g salt