

Tuscan Bean Soup with Butternut Squash



This one pot tomato vegan stew is a rich, chunky bowl of comfort. With creamy butter beans, tender butternut and rich flavours, it's perfect for cold winter nights.

Ingredients

½ butternut squash or pumpkin, cut into cubes

½ brown onion, roughly chopped

1 leek, green part removed, thinly sliced

2 garlic cloves, minced

1 tbsp light extra virgin olive oil

1 can of diced tomatoes

1 can of butter beans, drained and rinsed

1 can of chickpeas, drained and rinsed

3 cups Community Co Baby Spinach

1L salt-reduced vegetable stock

2 tbsp chopped parsley

1 tsp dried oregano

1 cup Community Co Greek Yoghurt (optional, non-vegan)

Method:

1. In a large pot over medium heat, cook the onion, leek and butternut with olive oil. Sauté for 3 minutes until they are softened.
2. Add 1 litre of vegetable stock, diced tomatoes and oregano.
3. Bring it to a simmer, continue to cook until the butternut is tender.
4. Add the butter beans and chickpeas.
5. Simmer for 30-40 minutes, add baby spinach and parsley in the last few minutes.
6. Option to serve with Greek yoghurt as a non-vegan dish.