




TOMATO, GARLIC AND BUTTERBEAN STEW



This delicious stew is high in fibre and protein.

-  Serves 4
-  Prep 10 minutes
-  Cook 30 minutes



Each 401g serving contains (includes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
204	30.4g	12.5g	9.9g	0.5g	0.1g	17.0g	0.73g	3

Ingredients

- 1 large red onion, thinly sliced
- 2 x 400g canned chopped tomatoes
- 3 mixed peppers, cored, deseeded and sliced
- 400g canned butterbeans in unsalted water, drained and rinsed
- 150g kale, washed
- 1 cal oil spray
- 2 cloves of garlic, crushed
- 1tsp smoked paprika
- 2tbsp tomato purée

Method

- Step 1**
Spray a large saucepan with low-calorie cooking spray and place over a medium-high heat. Add the onion and 4tbsp water and cook for 3–4 minutes until the water has evaporated and the onion is softened.
- Step 2**
Add the garlic and smoked paprika and cook for 1–2 minutes.
- Step 3**
Add the chopped tomatoes, tomato purée and peppers. Bring to the boil, cover and simmer over a low heat for 15 minutes.
- Step 4**
Add the butterbeans and kale. Stir well, push the kale beneath the sauce and cook uncovered for 6–8 minutes until wilted.