



Make your own...

Orzo and Bean Soup/Stew

Ingredients:

- ✓ 1 tbsp olive oil
- ✓ 1 red onion, finely chopped
- ✓ 1 carrot, finely chopped
- ✓ 4 garlic cloves, crushed
- ✓ 200g passata
- ✓ 85g orzo
- ✓ 400g tin butter beans, mixed beans or black beans, rinsed and drained
- ✓ 700ml vegetable stock
- ✓ 1 tsp paprika
- ✓ 100g spinach, roughly chopped
- ✓ 4 tbsp pesto
- ✓ Salt
- ✓ Pepper

Recipe and video created by



Instructions:

1. Heat the oil in a large pan, add the onion and carrot, fry for 5-6 minutes until it is beginning to soften. Add the garlic and fry for a further 1-2 minutes.
2. Add the beans, passata, orzo, stock and paprika and bring to the boil, then reduce the heat and simmer for around 10 minutes, or until the orzo is al dente.
3. Add the spinach and a generous pinch of salt and pepper, then simmer for a few minutes.
4. Taste and add a little more salt and pepper if needed. Serve in bowls and top each with 1 tbsp pesto.

*If serving as stew, reduce the quantity of stock added.



Thanks to funding from the Scottish Government
Investing in Communities Fund.



Scottish Government
Riaghaltas na h-Alba
gov.scot