



# Butter bean one-pot

Serves: 2

Time

1 hour 20 minutes



## Ingredients

- ½ green pepper, finely chopped
- 1 small onion, peeled and finely chopped
- 1 stick celery, diced
- 1 large potato, peeled and diced
- 1 small tin (210g) butter beans
- 1 tablespoon chopped parsley
- 1 tablespoon olive oil
- 1 tin chopped tomatoes
- 1 tablespoon tomato purée
- 140ml of vegetable stock (choose a low-salt stock if available)
- fresh basil to garnish (optional)
- wholemeal crusty bread

## Method

1. Heat the oil in a pan, then add the pepper, onion and celery and fry gently until the onion begins to soften.
2. Add the tin of tomatoes, plus the tomato purée, potato, stock, parsley and pepper. Bring to the boil and simmer for about 30 minutes or until the liquid is reduced by half.
3. Add the beans and heat through gently for 5 minutes.
4. Garnish with fresh basil and serve with wholemeal crusty bread.