



UCOOK

Beef & Bean Soup

with cannellini beans & fresh parsley

This dish is basically one big bowl of warmth and happiness! Beef mince, buttery cannellini beans, sweet carrots, and fruity red wine all swim together in this incredible soup, to create a comforting and delicious dinner that you'll want to make again and again!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Carb Conscious

 Boschendal | 1685 Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Onions <i>peeled & roughly diced</i>
720g	Carrot <i>rinsed, trimmed & cut into bite-sized chunks</i>
4	Garlic Cloves <i>peeled & grated</i>
800g	Cooked Chopped Tomato
250ml	Red Wine
600g	Free-range Beef Mince
40ml	NOMU Provençal Rub
480g	Cannellini Beans <i>drained & rinsed</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. A SOUPER START! Boil the kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and carrot chunks and fry for 4-5 minutes until starting to soften, shifting occasionally. Add the grated garlic and fry for 1-2 minutes, until fragrant, shifting constantly. Add the cooked chopped tomato, the red wine, 1.5L of boiling water, and seasoning. Mix until fully combined and leave to simmer for 35-40 minutes, stirring occasionally, until slightly reduced.

2. MINCE YOUR WORDS Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and the rub and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, shifting occasionally.

3. GETTING THERE... When the soup has 5-10 minutes remaining, add the drained beans and the cooked mince to the pot. Mix until fully combined and leave to simmer for the remaining time.

4. SOUP IS SERVED! Bowl up a generous helping of the beef and bean soup and sprinkle over the chopped parsley. Dive in, Chef!

Nutritional Information

Per 100g

Energy	326kJ
Energy	78Kcal
Protein	6.1g
Carbs	5g
of which sugars	3.5g
Fibre	1.4g
Fat	3.6g
of which saturated	1.1g
Sodium	4mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within 3
Days