

GLUTEN FREE RECIPE FOR BUTTER BEAN, THYME AND CIDER SOUP

Preparation time: less than half an hour.

Cooking time: less than 25 minutes.

INGREDIENTS

1 tbsp sunflower oil
1 tin of butter beans, drained
1 medium sized onion, peeled and sliced
1 cooking apple, cored and chopped
2 or 3 sprigs fresh thyme
2 tbsp chopped fresh parsley
340ml/12fl oz vegetable stock
240ml/8fl oz cider
salt and pepper.

PREPARATION

1. Prepare the fresh ingredients.
2. Heat the sunflower oil in a saucepan and add the onion and apple. Cook for 3-4 minutes until the ingredients begin to soften.
3. Add the thyme and the beans and season well.
4. Pour in the vegetable stock and cider, bring to the boil and simmer until the onions are tender.
5. Remove the thyme sprigs, add the parsley and liquidise until smooth or to the texture of your choice.

N.B. Gluten free cooking requires care in selecting the ingredients, particularly processed and/or packaged foods. Check the ingredients list carefully, and use reputable brands. If in doubt, ask us about brands that we trust.

This Gluten Free recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality gluten free and wheat free foods in London.

Earth Natural Foods, 200 Kentish Town Road, London NW5 2AE