Soups / England

brown rice, white beans and courgette soup · England

A hearty soup with grain, courgette and cooked pulses, developed as a England-inspired variation.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g brown rice
- ☐ 500 g courgette
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked white beans
- ☐ 1400 ml low-salt vegetable stock
- ☐ 2 g dried sage
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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