



Vegetable soup

Preparation time: approx. 40 minutes
Makes approx. 1½ litres

1 tablespoon **butter**

melt in a pan

150 g **leeks**, cut into thin strips

1 **onion**, finely chopped

sweat slowly

1 **kohlrabi**, diced

1 **carrot**, diced

add, continue cooking

500 ml **vegetable stock**

add, bring to the boil, reduce heat,
cover and simmer for approx. 10 minutes

50 g **pasta** (e.g. macaroni)

2 tablespoons **milk**

add, bring to the boil, reduce heat,
simmer for approx. 10 minutes

1 tin **butter beans** (430 g),
rinsed and drained

200 ml **cream**

100 g **baby leaf spinach**

50 g **grated Gruyère**

add to pan, warm through over low
heat

1 pinch **nutmeg**

a little **pepper**

season

Per person: 26 g fat, 13 g protein, 30 g carbohydrate, 1710 kJ (409 kcal)