



Tough grease cleaning,  
the power of an overnight  
soak in just 10 minutes

**FAIRY**  
PLATINUM



**EASY**

Serves 4



Cook 30 mins

Ready in 30 mins

### Ingredients

- 8 rashers rindless streaky bacon , chopped
- 2 leeks , halved and sliced
- 4 carrots , halved lengthways and sliced
- 400g tin mixed beans , drained and rinsed
- 1l chicken stock , fresh, cube or concentrate
- 2 tbsp tomato purée
- 50g small pasta shapes
- a handful of flat-leaf parsley , chopped
- grated parmesan , to serve

### Per serving

260 calories, protein 15.5g,  
carbohydrate 27g, fat 10.8 g,  
saturated fat 3.7g, fibre 6.6g, salt 2.74 g

## Bacon, bean & pasta soup

1. Fry the bacon in a large non-stick pan (it will cook in its own fat) until golden, then add the leeks and carrots and cook for about 5 minutes until softened.
2. Tip in the beans, chicken stock, tomato purée and pasta and simmer until the pasta is cooked.
3. Stir through the parsley and serve in bowls topped with grated Parmesan.



### GI Assessment

Although this contains streaky bacon, the calories are still modest. The mixed beans and pasta boast a low Gi rating making this a healthy choice.

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