

# CARROT SOUP WITH WHITE BEANS AND SMOKED CHICKEN

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2 persons / 422 kcal per serving

## Ingredients:

- 1 onion
- 1 tablespoon oil
- 350 grams winter carrot
- 1 cm of fresh ginger
- 1 vegetable stock cube
- ½ liter tap water
- 1 spring onion
- 180 grams white beans
- ½ multigrain Boulogne baguette
- 100 grams smoked chicken
- 10 grams butter
- pepper



## Preparation:

Peel and chop onions. Heat oil in a pan and fry the onion for 3 minutes. Peel and slice the carrot. Peel and grate ginger. Stir the carrot and ginger into the onion mixture and pour in the stock. Bring to a boil and cook soup for 15 minutes. Clean spring onion and cut into rings. Drain white beans. Puree soup with hand blender. Stir beans into soup and bring soup to the boil again. Season the soup with pepper. Divide the soup over 2 plates and garnish with spring onion and smoked chicken. Serve with bread and butter.

## Nutritional value per portion:

Energy:	422 kcal
Protein:	22.3 grams
Carbohydrates:	48.6 grams
- including sugars:	14.5 grams
Fat:	12.3 grams
Fiber:	13.8 grams
Salt:	4.5 grams