

WHITE BEAN PUREE

Equipment needed –

Food processor, garlic crusher, juicer, small knives, chopping board, measuring jug, 3 small bowls and measuring spoons.

Ingredients from the Garden –

- 1 clove of garlic
- 1 tablespoon of lemon juice

Ingredients from the Pantry –

- 2 x 400 cans of cannellini beans
- 1 cup of vegetable stock
- 1 tablespoon of olive oil

What to do –

1. Open up the cans of cannellini beans and empty into a colander over the sink. Rinse well with cold water and place in a saucepan.
2. Measure out 1 cup of vegetable stock, and add to the pan with the beans. Bring to the boil, reduce the heat then simmer, uncovered for about 10 minutes or until the liquid has absorbed.
3. Meanwhile juice the lemon and peel and crush the garlic and set aside.
4. Transfer the beans into the food processor. Add the garlic, 1 tablespoon of lemon juice and 1 tablespoon of olive oil.
5. Process the bean mixture until smooth then transfer to 3 small bowls to serve. Serve with the vegetable kebabs.

Serves –

- 28 students.