Hearty Vegetable Soup

Ingredients

* calorie controlled cooking [oil](https://www.bbc.co.uk/food/oil) spray
* 1 medium [onion](https://www.bbc.co.uk/food/onion), sliced
* 2 [garlic](https://www.bbc.co.uk/food/garlic) cloves, thinly sliced
* 2 [celery](https://www.bbc.co.uk/food/celery) sticks, trimmed and thinly sliced
* 2 medium [carrots](https://www.bbc.co.uk/food/carrot) or 2 yellow peppers, cut into 2cm/1in chunks
* 400g/14oz tin [chopped tomatoes](https://www.bbc.co.uk/food/chopped_tomatoes)
* 1 [vegetable stock](https://www.bbc.co.uk/food/vegetable_stock) cube
* 1 tsp dried mixed [herbs](https://www.bbc.co.uk/food/herb)
* 400g/14oz tin [butter beans](https://www.bbc.co.uk/food/butter_bean), drained and rinsed
* 1 head young [spring greens](https://www.bbc.co.uk/food/spring_greens) (approximately 125g/4½oz), trimmed and sliced
* sea salt and freshly ground [black pepper](https://www.bbc.co.uk/food/black_pepper)

## Method

1. Spray a large non-stick saucepan with oil and cook the onion, garlic, celery and carrots or peppers gently for 10 minutes, stirring regularly until softened.
2. Add 750ml/26fl oz water and the chopped tomatoes. Crumble over the stock cube and stir in the dried herbs. Bring to the boil, then reduce the heat to a simmer and cook for 20 minutes.
3. Season the soup with salt and pepper and add the spring greens and butterbeans. Return to a gentle simmer and cook for a further 3-4 minutes or until the greens are softened. Season to taste and serve in deep bowls.