



NAMIBIA BUILDING WORKERS  
PENSION FUND

# Healthy Meals



## White Bean & Spinach Soup

### Instructions

- Select a large enough pot and put it on medium heat.
- Heat the oil in the pot
- Add the onions and cook
- Once the onions are a bit golden, you can add the garlic and celery. Cook and stir for about 5 minutes.
- Then you can add the herbs and the salt and pepper.
- To make the chicken stock, pour boiling water over 4 cubes of Knorr Vegetable Stock and stir well.
- Now you can pour in the vegetable stock into the pot and bring the mixture to boil.
- Add the lemon juice and stir.
- Add the pasta and let the mixture boil on low heat for 8 minutes.
- Now add the beans out of the can and the spinach and let it cook for another 10 minutes on low heat.
- Taste and add more salt and pepper, if needed.

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PORTIONS



### Ingredients

- 4 tablespoons of vegetable oil
- one large onion (chopped)
- 1-2 garlic cloves (crushed)
- 1 1/2 cup celery
- 2 teaspoons of dry mixed herbs
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 2 litre of vegetable stock (4 cubes of Knorr Vegetable Stock)
- juice of 1/2 lemon
- 500 g pasta shells
- 1 can of 410g of white beans
- 4 cups or one pillow of spinach

*This is a really healthy and cheaper dish. It does not include any meat, You will find that the beans are a good alternative source of protein.*

