



## QUICK LEEK, TOMATO AND BUTTER BEAN CASSEROLE.

**Serves 4**

### Ingredients

- 1 tablespoon olive oil.
- 2 leeks, sliced.
- 1 x 400g tin of chopped tomatoes.
- 2 x 400g tins of butter beans, drained and rinsed in filtered water.
- 150ml vegetable stock.

1. Soften the leeks in the olive oil for about 5 minutes.
2. Add the remaining ingredients, stir and bring them to the boil. Simmer for 10 – 15 minutes or until the casserole has thickened.
3. Serve with quinoa, which is a wonderful source of protein, or wholegrain rice.

\* Wheat free, gluten free, dairy free.