



Beans and Tomato Soup

Beans contain a variety of anti-aging nutrients. Chickpeas are high in fiber, B vitamins, minerals, vitamin E, folic acid, and zinc. Soybeans are also rich in isoflavones, which help tone the skin and increase collagen to maintain youthful skin.



Anti-ageing foodstuff

Beans



Tray Tsunagu

<Ingredients> For 2 servings

- 1 can crushed tomato
- 1 onion
- 200g diced bacon
- 1 garlic clove
- 150g chickpeas (cooked in water)
- 100g red kidney beans (cooked in water)
- 150 g soybeans (cooked in water)
- 3 tablespoons olive oil
- 1 consommé stock
- 1/2 cup white wine
- Salt and pepper to taste
- 1 bay leaf

<How to cook>

- 1 Finely chop onion and garlic.
- 2 Heat olive oil in a frying pan, add garlic and when it becomes fragrant, add onion and diced bacon. Sauté over medium heat.
- 3 Add canned tomatoes, beans, white wine, consommé stock, and bay leaves and cook over low heat for 30 minutes.
- 4 Finally, season to taste with salt and pepper.

