Coconut Butter Bean Soup

About 5 cups (1.2 liters) · Active 10 min · Total 30 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 1 tablespoon finely grated fresh ginger (15 g)
- 2 teaspoons mild curry powder
- 2 cans butter beans, 15 oz (425 g) each, drained and rinsed
- 2 cups vegetable stock (480 ml)
- 1 can coconut milk, 13.5 oz (400 ml)
- 3 oz baby spinach (85 g)
- 1 tablespoon lime juice (15 ml)
- 1/4 teaspoon fine salt, plus more to taste

Set out

Medium saucepan, Wooden spoon, Grater

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 6 minutes, stirring, until softened.

2. Add ginger and curry powder; stir for 30 seconds. Pour in stock, scraping the bottom, then add beans and coconut milk.

3. Bring to a gentle simmer and cook uncovered for 10 minutes. Mash about 1/2 cup of beans against the side with the spoon.

4. Add spinach and simmer for 2 minutes until wilted. Stir in lime juice and salt; taste and adjust.

Leave expansion room

For freezing, leave about 1 inch (2.5 cm) headspace in a suitable container. Thaw in the refrigerator, then stir as it reheats so the creamy broth reunites.

A useful detail

Coconut milk can separate when boiled hard. A gentle simmer gives a smoother broth.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days, or freeze for 2 months. Reheat to 165°F/74°C. For a hot work meal, preheat a suitable flask according to its instructions, fill with steaming soup and keep at 140°F/60°C or above until eaten.