

Recipe: Jack's Bean Soup

Green beans with sago, the perfect combination for a cooling and tasty dessert.

Preparation time: 10 minutes

Cooking time: 50 minutes

Serves 10 children

Ingredients

- Ingredients A:
 - 1.8 litres water
 - 150 g green beans, washed & drained
 - 50 g sago seeds
 - 30 g Pandan leaves, washed and knotted
- 90 g brown sugar



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Methods

1. Put ingredients A into a deep sauce pot and bring it to a boil.
2. Simmer for 45 minutes, until the soup slightly thickens and remove from the fire.
3. Stir in the brown sugar.

Tips:

- Use a deep sauce pot and do not cover the pot while simmering as the green beans tend to boil over.
- Leftover soup can be frozen in ice cream moulds to make a tasty treat.

Nutrition Information

(Per serving): 200g

Energy 104.7 kcal

Protein 3.7 g

Total fat 0.2 g

Saturated fat 0.1 g

Carbohydrates 20.3 g

Total Sugar 9.24 g

Dietary fibre 2.6 g

Sodium 4.7 mg

4.6g of sugar per 100g

Cost Per Serving: \$ 0.20