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

* Choose products with the Healthier Choice Symbol

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): 200 g
- 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