

Braham & Murray
GOOD Recipes

GOOD OIL is one of the best sources of **Omega 3** for Veggies & Vegans*, and best of all, it is delicious!

GOOD OIL is the natural oil of cold pressed hempseeds. We produce it at our farm in Devon, where we always have taste in mind. You don't need to take our word for it though, celebrity chefs such as Jamie Oliver and Hugh Fearnley Whittingstall also love it!

Hemp is also a good carbon sequester, and we use 100% of the crop so nothing is wasted. So when enjoying **GOOD OIL** you can be proud of the fact that by choosing a UK hemp product you are helping the environment.



*The beneficial properties of **GOOD OIL** are reduced when heated above 200C for long periods.

GOOD OIL Tuscan Bean Soup

- 2 tbsp **GOOD OIL**
- 1 small red onion, finely chopped
- 1 fat clove garlic, crushed or finely chopped
- 1 carrot, peeled and diced
- 2 sticks celery, chopped
- 400g can chopped tomatoes
- 400g can of mixed beans, drained and rinsed
- 1 tbsp sun-dried tomato paste
- 600ml well flavoured vegetable stock
- 2 sprigs fresh thyme
- Salt and freshly ground black pepper



Gently heat the **GOOD OIL** in a large non-stick saucepan and sauté the onion for about 5 minutes or until soft. Stir in the garlic, carrot, celery and continue to cook for a further 5 minutes. Add the tomatoes, tomato paste, stock and seasoning. Bring to the boil, then reduce the heat to a simmer, cover and cook, stirring occasionally, for 20-30 minutes or until the vegetables are soft.

Place half of the vegetable mixture into a food processor and blend until smooth, then return to the pan. Add the beans, and simmer for a further 10 mins or until the beans have been heated through.

1 serving contains (1/4 of the soup) **0.63 grams of Omega 3**
= **48%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations