



Mexican Bean Soup

A warming, filling and spicy soup that will hit the mark every time.

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp chilli powder
- 1 tsp ground cumin
- ½ tsp ground coriander
- 400g can chopped tomatoes
- 300ml vegetable stock
- 200ml passata
- 400g can black beans, drained and rinsed
- 400g can kidney beans, drained and rinsed
- 1 red pepper, cut into small chunks
- handful fresh coriander, roughly chopped
- 1 lime, cut into wedges
- 1 red chilli, finely chopped (optional)



Method

1. Add the olive oil and chopped onion into a saucepan and put over a medium heat, stirring occasionally for 10 minutes
2. Add in the garlic, chilli powder, cumin and ground coriander to the pan and stir constantly for 1 minute
3. To the saucepan, add the can of chopped tomatoes, vegetable stock, passata, black beans, kidney beans and red pepper. Bring to the boil and simmer with the lid on for 10 minutes.
4. Remove lid and continue to simmer for another 5 minutes
5. Ladle the soup into 4 bowls, top with chopped coriander and chilli and enjoy!

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