

Difficulty:

Easy



Mexican bean

Time:

30 minutes



soup



Allergens: celery

What is it?

A delicious winter treat, full of goodness! You can also make this ahead of time and easily heat it back up when its time for dinner.

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	2
Vegetable stock	1 tsp	1 tsp	2 tsp
Chilli powder	1 tsp	1 tsp	1 tsp
Cumin	1/2 tsp	1/2 tsp	1 tsp
Oregano	1/2 tsp	1/2 tsp	1 tsp
Onion	1/2	1/2	1
Carrot	1	1	2
Red pepper	1/2	1/2	1
Kidney beans	200g	200g	400g
Chopped tomatoes	200g	200g	400g

You will also need some oil



Kit list:

- Saucepan

Make it your own!

Try making your own croutons; all you need is bread, oil and salt and pepper. Cut the bread into dice shapes, coat in oil and season, then cook for 10 minutes or so in the oven until golden and crispy.

Celebrate Family Food

Charity no. 1125784



What to do:

Step 1: Heat a little oil in a pan, dice and add the onion and pepper and fry, stirring frequently, for 10 mins.

Step 2: Stir in the chopped garlic and spices, then tip in the chopped tomatoes and kidney beans (including their liquid). Fill the tin half way with water and add this to the pan.

Step 3: Finally, stir in the stock and let the mix simmer for 15 mins.

Step 4: If you are adding croutons, prepare these and roast for 10 minutes (during the simmering time above).

Serve: Dish up a hearty portion of your homemade soup into bowls, and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

