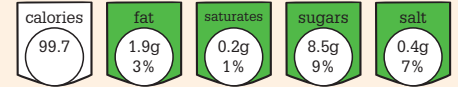




Spicy Mexican Bean Soup

This is a hearty, warming soup that uses basic store cupboard ingredients. Add extra chilli powder for a spicy kick.

Nutritional information per portion (289g):



of an adult's guideline daily amount



Wheat/gluten (possibly in the stock cube)

Equipment

Chopping board
 Sharp knife
 Garlic press (optional)
 Vegetable peeler
 Large, microwave-safe bowl – at least 1.5 litre capacity
 Measuring jug
 Kettle
 Wooden spoon or large metal or plastic spoon x 2
 Can opener
 Colander
 Measuring spoons
 Oven gloves
 Small spoon for tasting
 Hand or jug blender (optional)
 Ladle (optional)
 Tea towel (optional)
 Large mixing bowl (optional)

Ingredients

Serves 4–6
 1 medium onion
 2–3 cloves garlic
 2 medium carrots
 OR 1 medium carrot and 1 medium sweet potato
 1 red pepper
 ½ vegetable stock cube
 300ml boiling water
 1 x 400g can red kidney beans
 1 x 5ml spoon vegetable oil
 1 x 5ml spoon chilli powder
 1 x 5ml spoon ground cumin (optional)
 1 x 5ml spoon dried oregano (optional)
 1 x 400g can chopped tomatoes
 Ground black pepper (optional)



Top Tips

- Add a little stock to the empty tomato can and swirl it around to get the last bits of tomato before adding to the bowl.
- Don't worry if you haven't got a blender, the soup will be chunkier, but will still taste delicious – just skip step 9. If you prefer a smooth soup, blend once the kidney beans have been added or add half the beans for the last 5 minutes of step 7 before the soup is blended and add the rest at step 10.
- Stir well, at regular intervals, to avoid hot spots and to ensure the soup cooks evenly.





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Method

1. Peel the onion and chop into small pieces, then peel and press or finely chop the garlic (chop it as small as you can).
2. Peel, top and tail the carrots and the sweet potato and chop into small 1cm chunks.
3. Wash the pepper, deseed and slice into small 1cm pieces.
4. Place the onion, garlic, carrots and sweet potatoes in the microwavable bowl and mix well. Place the bowl in the microwave and cook on full power for 3 minutes.
5. Measure 300ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Open the can of kidney beans, drain and rinse with cold water through the colander.
6. Add the red pepper, oil and chilli powder to the microwavable bowl. Add the cumin and oregano, if using. Stir and microwave on full power for 1 minute.
7. Stir in the chopped tomatoes, stock and black pepper, to taste (if using). Stir well again, then microwave on full power for 15 minutes, stirring every 5 minutes.
8. Remove the soup from the microwave. Taste (take care the soup will be very hot) and add more black pepper if required (if using). If you prefer a chunky soup, continue at step 10.
9. Ladle a third of the soup into a jug blender. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl. Repeat the process until all the soup is blended. Return to the microwave-safe bowl.
10. Add the kidney beans to the soup and microwave on full power for 3 minutes, stirring after 2 minutes.
11. Remove the soup from the microwave and allow to stand for 1 minute before serving.

Something to try next time

- Top your soup with some chopped avocado and 1 x 10ml spoon of yoghurt or half-fat crème fraîche. Or try 1 x 10ml spoon of our recipe for Mexican Tomato Salsa.
- You could use any variety of canned beans instead of kidney beans – try black beans or cannellini beans.

Prepare now, eat later

- The soup can be made a day in advance and reheated. Cool and chill at the end of step 9 before you add the beans. Reheat in the microwave, on full power, for 8 minutes. Stir and add the kidney beans after 4 minutes. Allow to stand for 2 minutes and ensure the soup is piping hot before serving.
- The soup can also be frozen before you add the kidney beans. Defrost thoroughly and reheat following the instructions above.

