

# MEXICAN BEAN & TOMATO SOUP

**SERVES 4 ADULTS**

## METHOD

1. Heat the oil in a large saucepan and gently cook the garlic and onion for about 3 minutes, until softened.
2. Add the chilli flakes or powder and the tomatoes and bring to the boil.
3. Pour in the stock and add the tomato puree, mixed beans and sweetcorn (drained if tinned). Heat and simmer, uncovered, for 15-20 mins.
4. Add coriander or parsley (if using) and season with some pepper. Ladle into bowls and serve with a slice of wholemeal bread.



## INGREDIENTS

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|--|------------------------|
| 1 reduced salt veg stock with 850ml boiled water | 2 tsp vegetable oil    |
| 1 tbsp tomato puree                              | 1 garlic clove crushed |
| 1 can mixed beans                                | 1 small onion chopped  |
| 1 can sweetcorn                                  | ¼ tsp chilli powder    |
| 1 tbsp parsley or coriander                      | 1 can chopped tomatoes |
| 1 pinch of ground black pepper                   |                        |