

Spicy Bean and Veg Soup

A simple, tasty soup which is a great way to increase your veggie and fibre intake. The beans are also a good source of protein and B vitamins.

Ingredients

1 onion diced
1 pepper diced
1 stick of celery diced
1 large carrot diced
5-6 mushrooms, sliced
1 -2 cloves of garlic (minced or finely chopped)
2 tins chopped tomatoes
800ml stock
2 tins of beans e.g. kidney, black, borlotti, haricot
Seasoning
1 tbsp smoked paprika
1 tsp cumin
1 tbsp oregano
1 tsp miso paste (optional)
Fresh coriander or parsley (chopped)



Method

*In a large pan, fry the onion, garlic, celery, peppers, mushrooms and carrots in the olive oil until it all has softened.

*Add the spices (not the miso yet), frying for a few more minutes and coating them in the mixture.

*Add the stock, tomatoes and miso, stir in and simmer slowly for approx 50 - 60 minutes, adding the beans after about 30 mins. You can add more or less stock depending on how thick you like it.

*Once it has cooked down to your liking, serve with fresh herbs and even some fresh chilli or chili flakes on top, depending if you like it with a bit of a kick).

Recipe notes:

You can add chopped chorizo or bacon if you want to add more flavour.

You can serve straight away, keep in the fridge for a few days.

Great to batch cook and freeze. You can also top with natural yoghurt.



Serves : 5-6
Prep: 15 mins
Cook: 60 mins



Nutrition per serving:
Cals: 154
Protein: 8g
Carbs: 11g
Fat: 3g