



SPICY BEAN SOUP

Serves 6

Ingredients:

- 1 tsp vegetable oil
- 1 onion, chopped
- 2 medium carrots, chopped
- 1 red pepper, chopped
- 2 garlic cloves, chopped
- 1 can of kidney beans
- 1 can tomatoes, chopped
- ½ litre vegetable stock
- 1 tsp chilli

Method:

1. Place the onion, garlic and carrots in a microwavable bowl and mix well.
2. Place the bowl in the microwave and cook on full power for three minutes.
3. Add the red pepper, oil and chilli powder to the microwavable bowl.
4. Stir and microwave on full power for one minute.
5. Stir in the chopped tomatoes and stock
6. Stir well again, then microwave on full power for 15 minutes, stirring every five minutes.
7. Remove the soup from the microwave. If you want smooth soup, rather than chunky soup, you can blend it at this stage.
8. Add the kidney beans to the soup and microwave on full power for three minutes, stirring after two minutes.
9. Remove the soup from the microwave and allow to stand for one minute before serving.

