



Red bean and pepper soup

Serves 4

Ingredients:

- 1tbsp oil
- 1 medium onion, diced
- 2 cloves garlic, finely chopped
- 2 medium sized red peppers, diced
- 1tbsp tomato puree
- 1tsp mixed herbs
- 1tsp paprika
- 400g tin chopped tomatoes
- 400g tin red kidney beans, drained and rinsed
- 500ml vegetable stock
- A palm full of basil leaves

Method:

1. Add oil into the pan and heat
2. Add the diced onion and soften it, then add the garlic adding drops of water if the mixture becomes dry and begins to stick
3. Add the diced red peppers and cook all until soft
4. Stir in the tomato puree, mixed herbs and paprika and cook for about 1 minute
5. Add the tin of tomatoes, drained red kidney beans and vegetable stock
6. Bring the mixture to the boil and then turn down the heat to a simmer for approximately 30 minutes
7. Season to taste and garnish with some of the torn basil leaves

