

MEXICAN BEAN SOUP

- Serves 6
- Costs approximately 0.25p per serving
- Reduce chilli and curry powder for milder flavour

INGREDIENTS

2 tins kidney beans

1 tin tomatoes

1 stock cube

1 onion chopped

2 cloves garlic crushed

2 teaspoons curry powder

0.5 teaspoon ground cinnamon

2 dried chillies crumbled

4 tablespoons oil

1 teaspoon lemon or lime juice plus 1 teaspoon olive oil to serve

METHOD

Heat the oil in a saucepan

Stir in the curry powder, chillies, cinnamon. Cook for 1 minute.

Add the onion and garlic. Stir for 3 minutes until soft.

Add the tomatoes, beans plus the juice and bring to the boil.

Crumble the stock cube into an empty tin and refill with water. Add to the pan.

Boil again and simmer for 15 minutes.

Remove from heat and blend/liquidise until smooth.

Reheat.

Serve, drizzled with lemon/lime juice and olive oil.