

CHILLI BEAN SOUP (VE)

A hearty low-calorie, low-fat and easy-to-prepare wholesome plant-based dish that can also be served as a main course with boiled basmati rice.

Serves 4

Per serving: 163 calories, 2.7g fat

Prep time: 10 mins

Cook Time: 25 mins

INGREDIENTS

1 red onion, finely chopped
1 small red chilli, deseeded and sliced
1 x 200g can chickpeas, drained and rinsed
1 x 200g can red kidney beans, drained and rinsed
1 x 400g can chopped tomatoes
600ml vegetable stock (use a vegetable stock cube/pot if required)
1 tablespoon tomato puree
2 teaspoons chopped fresh oregano
Freshly ground black pepper to season

METHOD

1. Preheat a non-stick wok or frying-pan. Dry-fry the red onion and chilli for 4 - 5 minutes
2. Transfer to a saucepan and add the remaining ingredients. Simmer gently for 20 minutes.
3. Season to taste with black pepper before serving.

