

BEAN SOUP

INGREDIENTS

- 1 Onion (finely chopped)
- 2 Cloves garlic (finely chopped)
- 1 Can crushed Tomatoes (or use fresh tomatoes)
- 1 1/2 Cup Tomato Passata
- 1 Teaspoon Dried Oregano
- Salt & Pepper (a pinch of each)
- 1 Can Mexican or Mixed Beans
- 1 Can Borlotti Beans
- 1-2 Cups Vegetables (fresh or frozen)
- 1 Litre Vegetable Stock
- 500ml Water
- 1/2 Cup thin spaghetti (broken into 2cm pieces)



METHOD

In a large pot cook off the onion & garlic until translucent then add your vegetables and continue to cook through.

Add the crushed tomatoes and tomato passata and stir.

Open your beans, wash and drain then add these along with your herbs, salt & pepper

Pour in the stock and extra water

Add the pasta

Stir and allow to simmer for around 40 minutes

Stir the soup regularly.

The liquid will reduce slightly and the pasta starch will help to thicken a little

****For some extra heat you can add Cayenne Pepper or Chillie Flakes****

****You can use any vegetables you have on hand****

Soup can be made in a large batch by increasing your ingredients and can be frozen for later use

