

## Ingredients (serves 6)

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- 1 medium onion, minced
- 4 medium cloves garlic, chopped
- 2 tsp red chilli powder
- 1 ¼ pints chicken or vegetable broth
- 1 small to medium bell pepper, diced into quarter inch pieces
- 1 small courgette, diced into quarter inch pieces
- ½ finely chopped green cabbage
- 1 400g can diced tomatoes
- 1 400g can kidney black beans, rinsed
- 1 tin yellow corn (frozen is also fine)
- 1 x green chilli finely chopped
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 55g chopped pumpkin seeds
- Salt and pepper to taste

## Method

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Prep and Cook time: 40 minutes

1. Heat 1 tablespoon broth in a medium soup pot
2. Healthy Sauté onion, garlic, and green peppers in broth over medium heat.
3. Add broth, courgette, green cabbage and tomatoes.
4. Cook for another 5 minutes, and cumin.
5. Bring to a boil on a high heat.
6. Once it begins to boil, reduce heat to medium-low and simmer uncovered for 15 minutes.
7. Add the corn and beans and stir.
8. Add chopped coriander, pumpkin seeds, salt and pepper.

