

Zesty Mexican Soup

Ingredients (serves 6)

- 1 medium onion, chopped finely
- 4 medium garlic cloves, chopped
- 2 teaspoons red chilli powder (mild/medium to taste)
- 1¼ pints chicken or vegetable stock
- 1 small to medium bell pepper, diced into quarter inch pieces
- 1 small courgette, diced into quarter inch pieces
- ½ finely chopped white cabbage or curly kale
- 1x 400g can diced tomatoes
- 1x 400g can red kidney beans, rinsed
- 1 small tin yellow corn, drained (frozen is also fine)
- 1 fresh green chilli finely chopped
- 1 teaspoon (tsp) dried oregano
- 1 teaspoon (tsp) ground cumin
- 55g chopped pumpkin seeds to serve
- Coriander to garnish
- Salt and pepper to taste (optional)

Method

1. Heat 1 tablespoon (tbsp) of stock in a medium soup pot
2. Add onion, garlic, chilli and green peppers to stock and heat gently over medium heat until starts to soften (Healthy sauté method)
3. Add remaining stock, courgette, white cabbage (or curly kale) and tomatoes
4. Cook for another 5 minutes, add cumin and oregano
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 sweetcorn, kidney beans and stir
8. Add chopped coriander and pumpkin seeds to serve
9. Add salt and pepper to taste (optional)

Tips & Hints

- Garnish ingredients optional
- Do not add coriander or pumpkin seeds before freezing. Defrost thoroughly before reheating. Add garnish after heating.