







Heart-warming Black Bean Soup



Equipment:

- 1 saucepan
- Wooden spoon
- Knife
- Chopping Board
- Fork

Ingredients for 2 portions:

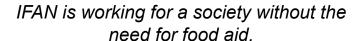
- Optional 1 onion
- 1tsp oil
- 400g tin of chopped tomatoes
- 2 x 400g tins of black beans
- Optional: seasoning of your choice e.g. chilli powder, cumin, garlic powder, dried herbs
- Halal
- Gluten-free
- Dairy-free
- ✓ Vegan

Steps:

- Peel and chop the onion if using, place into saucepan with oil and gently fry until soft.
- 2. Add chopped tomatoes and any seasoning and dried herbs into the saucepan and simmer for 3-4 minutes until hot.
- 3. Drain the water from the tinned beans. Add 1 tin of black beans to the pan. Mash the other tin of beans with a fork and add.
- Mix all ingredients and simmer for 5 minutes, add some water if mix is too thick.

Try serving with:

- Bread
- crackers









Heart-warming Black Bean Soup



Equipment:

- 1 saucepan
- Wooden spoon
- Knife
- Chopping Board
- Fork

Ingredients for 4 portions:

- Optional 2 onion
- 2 tsp oil
- 2 x 400g tin of chopped tomatoes
- 3 x 400g tins of black beans
- Optional: seasoning of your choice e.g. chilli powder, cumin, garlic powder, dried herbs
- ✔ Halal
- ✓ Gluten-free
- Dairy-free
- ✓ Vegan

Steps:

- Peel and chop the onion if using, place into saucepan with oil and gently fry until soft.
- 2. Add chopped tomatoes and any seasoning and dried herbs into the saucepan and simmer for 3-4 minutes until hot.
- 3. Drain the water from the tinned beans. Add 1 tin of black beans to the pan. Mash the other tin of beans with a fork and add.
- 4. Mix all ingredients and simmer for 5 minutes, add some water if mix is too thick.

Try serving with:

- Bread
- Crackers