

# MEXICAN BEAN SOUP



Serves 4 | Prep time: 15 mins  
Cook time: 20 mins

## INGREDIENTS

1 tbsp extra virgin olive oil  
1 brown onion, finely chopped  
1 garlic clove, finely chopped  
1 red capsicum, diced  
1 carrot, sliced into half moons  
1 tsp ground cumin  
¼ tsp dried chilli flakes  
½ tsp paprika  
400g can diced tomatoes  
500ml vegetable stock  
400g black beans, rinsed and drained  
1 cup corn kernels  
Juice from 1 lime  
4 mini tortillas cut into triangles  
1 avocado, diced  
1 cup natural yoghurt  
2 tbsp coriander, chopped  
Lime wedges to serve

## METHOD

1. Heat oil in a large saucepan over medium-high heat. Add onion, garlic, capsicum and carrot and cook for 2-3 minutes or until vegetables are soft.
2. Add spices and stir to combine — cook for a further minute.
3. Add the diced tomatoes, vegetable stock, beans, corn and lime juice. Bring to a boil and reduce to a gentle simmer. Simmer for 10 minutes or until soup thickens slightly.
4. Meanwhile, place tortilla chips on a baking tray and spray them with extra virgin olive oil. Bake for 5 minutes at 180°C.



THE NUTRITION GUY



## NUTRITION TIP

This vegetarian dish delivers many key nutrients, including heart healthy fats, protein, iron and fibre. It's also the perfect winter warmer!