



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 1 - 2

Kidney Bean & Tomato Soup

The Well Recipe Card

- ½ medium onion - diced
- ½ red pepper - diced
- 2 clove garlic - finely chopped
- 2 tsp smokey Creole spice blend
- 2 tomatoes – chopped 1-2 cm
- 1 x 400g tin kidney beans - drained
- 400ml water
- ½ vegetable stock cube

Optional: guacamole, corn chips, tortillas, cheddar cheese, jalapenos, corn nuts, sweetcorn, salsa, coriander, sour cream

Wash & prepare vegetables as described.

Place onion into saucepan with a little oil and cook over medium heat until soft (3-4 mins).

Add diced pepper and cook until they start to soften (3-4 mins).

Add garlic and cook out for a minute before adding the spices and cooking for a minute or stirring frequently to avoid them smoking.

Now add the tomatoes, kidney beans, water and sock cube; bring everything to a boil, then reduce to a low simmer, stir well and cover with a lid. Keep on cooking until vegetables are tender (12 – 15 mins) stirring occasionally.

This soup is great if you blend half of it and then top with the reserved chunky bits – or just leave it chunky if you prefer – or you could blend it all until it's nice and smooth – so many options, you're the chef!

Check for seasoning adding more salt and pepper as desired.

Serve with any optional extras you may have.

