

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:

1. 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

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:

1. Peel and chop the onion if using, place into saucepan with oil and gently fry until soft.
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Try serving with:

- Bread
- Crackers