



Recipes

Red Pepper and Bean Soup



Ingredients:

- 1 Red onion,
- 1 Red Pepper, 1 tablespoon (9 g)
- 1 medium sweet potato
- 1 clove garlic, 1 garlic clove (4 g)
- 1 Chili
- 1 handful of coriander Leaves, 1 bunch (8 g)
- 1 tin kidney beans
- 200g Passata
- 1 Lime
- 1 tsp Honey
- 1 Tbsp Olive Oil
- 1 – 2 cups water



Cooking Instructions:

Peel and slice the onion, deseed and slice the peppers, dice the sweet potato. Heat the olive oil in a frying pan, then add the onion, peppers and sweet potato and sauté for about 10 minutes.

Meanwhile deseed and slice the chill and finely chop the garlic and coriander stalks. Add the garlic, chilli and coriander stalks and cook for a further 2 minutes.

Drain the beans and add them to the pan along with the pasta, honey, water, add salt and pepper to taste. Bring this to a boil and then turn the heat down to simmer for 15 minutes.

Once everything is cooked through blend the soup in a high speed blender until smooth.

The lime and coriander leaves can be added to the soup once cooked - to taste.

This soup is amazing served with some gluten free bread and a raw goats cheese. I also like to add some pumpkin seeds for some extra crunch - as well as protein and fat!