

Warming Mexican soup

2 tsps olive oil or ghee
180g white onion, chopped
150g carrot, sliced
100g red bell-pepper, diced
2 garlic cloves, finely chopped
1 tsp dried oregano
½ tsp ground black pepper
½ tsp sea salt
1 tsp hot chilli powder
1 tsp ground cumin
400g tinned chopped tomatoes
900ml vegetable stock (made with one organic stock cube)
2 tbsps tomato purée
250g (drained weight) tinned red kidney beans, rinsed and drained
150g (drained weight) tinned sweetcorn, drained
250g shredded cooked chicken

for the topping:

a few tortilla chips, crumbled (optional)
100g avocado, sliced
70g mozzarella or Cheddar cheese, grated

Serves 4

Per serving:
348 calories
24g protein
36g carbs
12g fat

Melt the olive oil/ghee in a large saucepan over a medium heat. Add the onion and carrot, and fry for 3 minutes, stirring occasionally.

Add the bell-pepper and garlic and fry for 3 minutes, stirring frequently until soft.

Add the seasonings, tinned tomatoes, tomato purée and stock. Stir and bring to a boil. Reduce heat and simmer for 20 minutes, or until cooked.

Remove from heat. Blend the soup until smooth and creamy.

Place the soup back over a medium heat and add the beans, sweetcorn and chicken. Stir well and cook for 4 minutes, stirring occasionally.

Transfer to serving bowls and add the toppings.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.