



CAJUN BEAN SOUP

INGREDIENTS

Serves 6 -

Fry light

1 small red onion

6 spring onions

2 garlic cloves

1 courgette, diced

2 red peppers

2 medium carrots

400g tinned tomatoes

500g passata

2 tbsp tomato puree

560ml veg stock (2 cubes)

2 tbsp cajun seasoning

1 tbsp worchestshire sauce

400g black beans

400g chickpeas

HOW TO COOK

01

Spray a large frying pan with fry light and place over medium heat. Add the onion, spring onions and garlic and fry for 4-5 mins until softened.

02

Add all of the remaining ingredients (apart from the beans and chickpeas), stir well and bring to the boil, then simmer for 30 minutes.

03

Add the black beans and chickpeas. Cook for another 15 minutes or so.

PREP TIME

Prep time - 5 mins

Cook time - 50 mins

