

Chunky ginger and black eyed bean soup

Takes 45 minutes, serves 4 and uses a large saucepan.

INGREDIENTS

1 tablespoon olive oil
1 onion, peeled, quartered then sliced
2 sticks of celery, sliced
2 carrots, chopped
3 cloves of garlic, peeled
55g ginger
1 tins black eyed beans, drained
1 tin chopped tomatoes
500ml vegetable stock
250g sweet potato, diced into 1cm pieces
1 red chilli, sliced
0.5 tsp salt
50g Fresh coriander, finely chopped

DIRECTIONS

Heat the olive oil in a large saucepan over a medium heat.

Add the onion, celery and carrots, cook for 10 minutes with the lid on the pan, stirring occasionally.

Meanwhile, whizz the garlic and ginger in a small food processor. If you can't, then finely chop them. Remove the lid and add them to the pan, stir through and cook for another 5 minutes.

Place the black eyed beans in the pan along with the chopped tomatoes, stock, sweet potatoes, chilli and salt. Bring to a simmer and cook for 10 minutes, stirring occasionally. Eat a piece of sweet potato to see if it's cooked. If not, simmer for 2-3 few minutes longer then check again.

Remove from the heat, add the coriander and stir it in. Serve.

