

MONDAY SOUP

Time: 30 minutes

Serves: 4

Ingredients:

1 teaspoon extra-virgin olive oil
1 large onion – diced
1 green bell pepper – diced
2 stalks celery – diced
2 cloves garlic - very finely chopped or crushed
8 ounces smoked ham – cubed to ½”
19 ounce can red kidney beans – rinsed and drained
3 cups chicken stock
2 bay leaves
1 teaspoon dried oregano
¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon paprika
¼ teaspoon fresh ground black pepper
¼ teaspoon kosher salt
⅛ teaspoon cayenne pepper

Preparation:

Place a suitable pot on medium heat and add the olive oil. Add the onion, bell pepper, celery and garlic, stirring occasionally for five minutes.

Add the remaining ingredients, turn heat to high and bring to a boil. Reduce heat to simmer partially covered for ten minutes. Depending on the stock you use, you may wish to add more salt.

Remove the bay leaves and serve.

Nutritional Information Per Serving:

Calories: 211
Fat: 5g
Carbs: 25g
Fibre: 7g
Protein: 19g