

BEEF & BEAN SOUP

Time: 30 minutes

Serves: 6

Ingredients:

450g lean ground beef
150g onion - diced
10g garlic - finely chopped or grated
550g canned or previously boiled pinto beans – rinsed and drained
800ml canned diced tomatoes
1 litre water
10g kosher salt
1.5g fresh ground black pepper
7g chili powder
2g ground cumin
1 bunch cilantro - chopped

Preparation:

Place a large pot on medium-high. Add the beef and cook, breaking apart until nearly browned.

Add the onion and garlic. Cook, stirring occasionally for three minutes.

Stir in the beans, tomatoes, water, salt, pepper, chili powder and cumin.

Bring the heat to high. When a boil is reached, reduce heat and simmer uncovered for ten minutes.

Remove from heat and stir in cilantro immediately before serving.

Nutritional Information Per Serving:

Calories: 324
Fat: 12g
Carbs: 30g
Fibre: 10g
Protein: 24g