



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

EASY BEAN SOUP

Time: 20 minutes

Serves: 4

Ingredients:

540ml can black beans - rinsed and drained
398ml can pinto beans - rinsed and drained
250ml chunky salsa
250ml chicken stock
15ml fresh lime juice
120g cheddar or Monterey Jack cheese - shredded
4 green onions - thinly sliced

Preparation:

Place a pot on high heat. Add the beans, salsa and chicken stock. Stir occasionally until a boil is reached.

Remove from heat and stir in the lime juice.

Serve immediately in bowls, topped with the cheese and green onion.

Nutritional Information Per Serving:

Calories: 336
Fat: 11g
Carbs: 39g
Fibre: 14g
Protein: 21g