



# BEAN AND CORN SOUP

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 large onion, sliced
  - 1 sticks celery, chopped
  - 1 red pepper, sliced or 2 tablespoons of frozen sliced peppers
  - 1 tsp ground cumin
  - 1 tsp smoked paprika
  - 1 tsp chilli flakes
  - 2 tins black beans
  - 1 tin chopped tomatoes
  - 6 tbsp sweetcorn from tin or frozen
- 400ml vegetable stock

## METHOD

- Heat the olive oil in a large pan and add the onions and celery. Sauté for 8 minutes.
- Add the sliced pepper and spices.
- Add the beans, tomatoes, sweetcorn and stock.
- Bring to boil and simmer for 10 minutes.

## PREP TIME

- 20 minutes

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