



BLACK BEAN AND CHORIZO SOUP

INGREDIENTS

1 tbsp Country Range Extra Virgin Olive Oil
50g chorizo, finely diced
1 small red onion, finely diced
1 red pepper, deseeded and finely diced
2 tsp Country Range Garlic Powder
½ tsp Country Range Cayenne Pepper
1 tsp Country Range Smoked Paprika
1 tsp Country Range Ground Cumin
1 sachet Country Range Bouquet Garni
400g tin black beans, drained and rinsed
1 lime (juice only)
500ml hot vegetable stock
salt and pepper to taste
flat leaf parsley, roughly chopped, to garnish

METHOD

1. Heat the oil in a large saucepan, add the chorizo and sauté until crisp.
2. Add the onion and cook for 5 minutes until softened.
3. Add 3/4 of the red pepper, garlic powder, cayenne pepper, smoked paprika, cumin and cook for a further 2 minutes.
4. Add the bouquet garni sachet, black beans, lime juice and stock and simmer for 15 minutes.
5. Season to taste. Serve in large bowls with the reserved red pepper and roughly chopped flat leaf parsley to garnish.