

Mexican carrot, jalapeno & black bean soup



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Preparation 20 mins | Cooking 45 mins | Serves 4-6

- 1 tbs olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 jalapeno chillies, deseeded and chopped
- 1 red capsicum, deseeded and chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 800g carrots, chopped
- 400g can chopped tomatoes
- 6 cups chicken or vegetable stock
- 400g can black beans, drained and rinsed
- 2 tbs lime juice
- ½ cup coriander leaves, finely chopped (+ extra leaves to serve)
- ¼ cup reduced fat sour cream
- ½ ripe avocado, flesh diced
- pan-fried tortillas and lime wedges, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion, garlic, chillies and capsicum and cook, stirring often, for 4-5 minutes until softened.

STEP 2 Stir in ground cumin and coriander and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes. Stir in tomatoes and stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove from heat and set aside to cool slightly.

STEP 3 Using a hand-held blender, blend soup until smooth. Stir in black beans, lime juice and chopped coriander. Season with salt and pepper to taste.

STEP 4 Ladle soup into serving bowls. Top with sour cream, avocado and coriander leaves. Serve with pan-fried tortillas and lime wedges.