



Adzuki Bean Soup

(makes 4 servings)

This a great lunchtime soup, is easily transported and does a splendid job of filling you up nicely to get you through a taxing afternoon. A good dollop of Greek yoghurt stirred in at the last minute before topping with the parsley creates a light creamy look and taste and marries extremely well with the beans. This soup can be cooked on the hob if you don't have a slow cooker.

Ingredients

1 x 400g tin Adzuki beans
1 x 400g tin chopped tomatoes
450mls chicken/vegetable stock
1 onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 red pepper, deseeded and finely chopped
8 button mushrooms, cleaned and roughly sliced or chopped
1 tablespoon tomato puree
1 teaspoon smoked or unsmoked paprika powder
A generous splash of Worcestershire sauce
A generous splash of soy sauce
2 tablespoons fresh parsley leaves, roughly chopped
Sea salt and freshly ground black pepper

Method

Put all the ingredients other than the salt, pepper and parsley into a slow cooker, stir well and cook on the low setting for around 5 hours.

Season to taste and if you wish, add more paprika, Worcestershire sauce and/or soy sauce before serving topped with the parsley.

If you don't have a slow cooker, gently sauté the onion, garlic and red pepper in a tablespoon of oil in a soup pot until soft. Add the remainder of the ingredients other than the salt, pepper and parsley, bring slowly to the boil, reduce the heat and simmer very gently for 30-40 minutes.

Season to taste and if you wish, add more paprika, Worcestershire sauce and/or soy sauce before serving topped with the parsley.