



## Lamb & Bean Soup

(makes 4 servings)

*One bowl of this lusty soup is simply never enough! I am unsure as to whether it is the addition of the liquised beans or the fusion of the warming spices with the lamb and beans or just the whole delightful combination but Jean has excelled herself here - it works on every level!*

### Ingredients

4 medium, ripe tomatoes or 4 tinned plum tomatoes  
1 x 400g tin black-eyed or canellini beans  
1 tablespoon Worcestershire sauce  
1 teaspoon ground cumin  
1 teaspoon paprika powder  
1 teaspoon chilli powder  
1 tablespoon oil  
1 large onion, peeled and finely chopped  
2 carrots, scrubbed or peeled and cut into thin batons  
1 long red pepper, deseeded and cut into thin strips  
2 cloves garlic, peeled and crushed  
400ml lamb or vegetable stock  
250g lean minced lamb  
¼ Savoy cabbage, finely sliced  
Salt and pepper  
Parsley or coriander leaves, chopped finely

### Method

Put the tomatoes in a bowl, pour boiling water over, leave for 30 seconds then drain, skin, remove the stalks, de-seed and chop the flesh roughly. If you are using tinned tomatoes, remove the stalks and seeds and roughly chop the flesh. Set aside.

Drain the beans, reserving the liquid, put two-thirds of the beans aside and liquidise the remaining third with the liquid until smooth.

Very quickly brown the meat over a fairly high heat in a non-stick pan. Add the Worcestershire sauce and keep stirring until the meat absorbs the liquid. Add spices and stir well for a couple more minutes before removing the pan from the heat.

Warm the oil in a large soup pot, add the onion and carrot and sauté until tender. Add the red pepper and garlic and sauté for a further 5 minutes.

Add the liquidised beans, stock and lamb mince to the pot, bring slowly to the boil then reduce the heat and simmer gently for 10 minutes.

Add the tomato flesh (keep a few teaspoons back for topping the soup before serving if you wish), the remaining beans and the cabbage and simmer for a further 10 minutes or until the cabbage is tender but still has a bite to it.

Check the seasoning before serving topped with parsley/coriander and tomato flesh.