

# BEAN & VEGGIE GOULASH STYLE SOUP



Perfect rich winter soup for chilly nights. Serve with some crusty bread like baguette or sourdough, ideal for dipping. Easy one pot style meal as the protein is included (kidney beans). Superb for cooking ahead!

**PREP:** 10 min **TOTAL:** 55 min

**SERVES:** 4



2 tbsps. oil



1 onion,  
finely chopped



2 garlic cloves,  
finely chopped



1 large carrot,  
peeled and  
diced small



1tsp caraway  
seeds (optional)



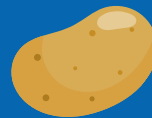
1 parsnip,  
peeled and  
diced small



1tsp paprika



1.2 l vegetable  
stock



1 large potato or  
2 small ones,  
washed & diced small



400g tinned  
kidney beans,  
drained



2 tbsp fresh herbs  
like parsley or chives,  
finely chopped



400g tinned  
chopped  
tomatoes



Salt & pepper  
to taste



## TIPS:

- ✓ If you want to reduce the cooking time, cut the vegetables and potatoes smaller. Although more time consuming you will reduce energy usage when cooking as it will take a shorter time.
- ✓ Especially in winter, it is lovely when soups have a little spicy kick. If you like that, add some chilli powder or fresh chopped chilli to this recipe.
- ✓ Choose a different type of bean like cannellini or butter beans, even chickpeas would work well in this recipe.
- ✓ Great recipe for batch cooking, it will be nicer after a couple of days in the fridge, and it will reheat beautifully in the microwave.
- ✓ Add different vegetables, swede and/or mushrooms would be a lovely addition.
- ✓ If you like your soups a bit thicker, increase the cooking time, if you like them with more liquid, increase the amount of stock.
- ✓ Feel free to add some leftover cooked meats like chicken, sausage or pork.



**1** In a saucepan, add the oil and turn the heat to medium. Add the chopped onion and cook for a couple of minutes.



**2** Add the diced carrot & parsnip and cook for another 5 minutes.



**3** Add the chopped garlic & caraway seeds (if using), cook for another 2 minutes.



**4** Add the paprika, chopped tomatoes, vegetable stock, potatoes & seasoning and cook for another 25 to 30 minutes (until the vegetables & potatoes are cooked).



**5** Finally add the drained kidney beans and cook for a further 5 minutes



**6** Garnish with chopped fresh herbs & serve.

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