

CUBAN BLACK BEAN SOUP (makes 6 portions)

3 tsp **cumin**
2 tsp **coriander**
1 tsp **oregano**
½ tsp **cayenne pepper**
2 **bay leaves**
1 tbsp **paprika**
2 tsp smoked **paprika**

1 large **onion**
6 **garlic cloves**
1 **chilli**

1 **green pepper**
160 g **curly kale**
200 g **green beans**
375 g **broccoli**

500 g **mushrooms**

1 tin **red kidney beans** (drained & rinsed)
1 tin **black beans** (drained & rinsed)

500 g (or 1 tin) **tomatoes**
1 tbsp **tomato puree**

1200 ml of **miso stock**
2 tablespoons of **balsamic vinegar**

1/3 cup of **bulgar wheat** (soaked overnight)

Fry the **spices** until their aroma is released.

Then add the **onions**, **garlic**, and **chilli**, stirring until they soften. Add tiny amounts of water to prevent sticking.

Add **green pepper**, **curly kale**, **green beans** and **broccoli**. Stir fry until the kale wilts.

Add **tomatoes** and **puree**.

Add **beans**.

Add **stock** and **bulgar wheat**, then simmer covered for **15 minutes**.

While this is happening fry the **mushrooms** in another pan until just soft.

Remove **bay leaves**.

Liquidise about a third of the **soup**, then add the **mushrooms** and serve.