



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 30 mins

Serves: 6

INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, roughly chopped
- 1 tbsp garlic, minced
- 1 red chilli, chopped
- 1 1/2 tsp pink rock salt
- 1/2 tsp black pepper
- 4 medium carrots, roughly sliced
- 2 medium zucchini, roughly chopped
- 500g button mushrooms, chopped
- 500g mushroom medley mix, chopped
- 1 x 420g can Four bean mix
- 1 Lt. Vegetable stock
- Chopped fresh coriander for garnish
- Chopped spring onion for garnish
- Natural coconut milk yoghurt, optional

METHOD

- Heat oil to medium high, in a large deep saucepan.
- Add onions, garlic, chilli, salt, pepper, carrots, and zucchini and stir until browning.
- Add mushrooms and cook until liquid is reduced, about 5 minutes.
- Add bean mix and vegetable stock, and simmer for 20 minutes.
- Remove from heat and blend with stick blender.
- Serve hot, sprinkled with coriander and spring onions, and a dollop of yoghurt.

NOTE: Any canned beans will work with this recipe.

MUSHROOM AND BEAN SOUP

