



Food For Thought Recipe and Allergen Card

Mexican Bean Soup

50 Portions

Ingredient	Hannah Product Code	Quantity
Onion (chopped)	C003004	3
Red pepper (chopped)	C003064	3
Chick Peas	D001486	400g
Garlic (chopped finely)	C003076	1 Clove
Red Kidney Beans	D001493	800g
Olive Oil	D001010	2 tbs
Coriander	C003026	4 tbs
Cumin	D001121	4 tbs
Chopped Tomatoes	D002052	2.5kg
Chilli Powder	D001110	1 tsp

RECIPE METHOD – **ALLERGENS**

1. Warm Olive Oil in a heavy bottomed pan.
2. Add Onions, Peppers and Garlic and simmer for 10 minutes.
3. Add spices and continue cooking for 3 minutes.
4. Add Chick Peas, Chopped Tomatoes and Kidney Beans, mix well and add water if needed to ensure soup consistency.
5. Season to taste with Salt and Pepper.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...