

# Spicy Black Bean soup with chorizo

Total time **20 mins** 5 mins preparation time **15 mins** cooking time

Nutritional facts (per portion):

**3,345 kJ / 799 kcal**

Fat: **37.2 g** Protein: **41.3 g**

Carbohydrates: **76.8 g**

## INGREDIENTS

**2 portion(s)**

<b>0.5</b>	onion
<b>1</b>	red pepper
<b>100 g</b>	chorizo
<b>1 tbsp</b>	olive oil
<b>1</b>	clove garlic
<b>1 tsp</b>	ground smoked paprika (hot or mild)
<b>0.25 tsp</b>	ground coriander
<b>0.25 tsp</b>	ground cumin
<b>500 ml</b>	vegetable stock
<b>100 ml</b>	tomato passata
<b>1</b>	can of black beans (400 g)
<b>1 tbsp</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>2 tbsp</b>	chopped fresh coriander
<b>To serve:</b>	
	Avocado
<b>30 g</b>	cheddar cheese
<b>2</b>	small tortillas (60 g)

## PREPARATION

### Step 1

Dice the onion and pepper, and slice the chorizo. In a saucepan, fry them in olive oil, and when the onion is softened and the chorizo is browned, add all the spices, finely chopped garlic and drained and rinsed beans.

### Step 2

Pour in the stock and tomato passata, season it with Kikkoman soy sauce (or Ponzu) and chopped coriander and cook for 15 minutes. After this time, pour 1/3 of the soup (without chorizo) into a blender and blend it until smooth. Add it back to the pan and stir carefully to combine.

### Step 3

Cut the tortillas into triangles and toast them in a dry frying pan.

### Step 4

Pour the soup into bowls and serve with sliced avocado, grated cheddar cheese and pieces of tortilla.