

Chicken and Pinto Bean Soup

Ingredients – Serves 2

- 1 tin of pinto beans
- 2 chicken breasts
- ½ teaspoon coconut oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 cup of vegetable stock
- 100ml water
- 1 teaspoons chilli powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 large handful of kale
- Pinch of ground black pepper
- 1 handful of chopped fresh coriander



Method:

1. Wash and drain the beans. Set to one side.
2. In a large pan over medium high heat, cook the chicken until browned. Add the onion and garlic and sauté for 5 minutes, or until tender. Add the beans, stock, water, chilli powder, oregano, cumin, kale and ground black pepper and fresh coriander. Cover and simmer until all vegetables are soft and stock thickens.
3. Season with extra coriander or pepper to taste.
4. Serve and enjoy.