

Mexican Tomato Soup

Recipe adapted from LiveLighter

Traffic light category: **Green**

Serves: 8 (000g per serve)

Ingredients

- 2 x 400g can diced tomatoes (no added salt)
- 2 tablespoons reduced salt tomato paste
- 1 teaspoon reduced-salt vegetable stock
- 1 x 400g can red kidney beans, drained and rinsed
- ½ cup frozen corn kernels
- 2 teaspoons paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1½ cups water

Method

1. Add all ingredients to a medium saucepan
2. Cook over high heat until the soup boils, stir regularly
3. Reduce heat to medium and simmer for 20 minutes or until the soup reduces and thickens.

Serving options

- Pitta or Lebanese bread; cut each wrap into quarters, toast in sandwich press
- Wholemeal toast
- Fresh bread rolls; or prepare the par-baked dinner rolls
- Top with 1 tablespoon of sour cream if desired.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	577kJ	197kJ
Protein	6.8g	2.3g
Total fat	1.1g	0.4g
Saturated fat	0.1g	0g
Carbohydrate	20.7g	7.1g
Sugars	9.7g	3.3g
Dietary fibre	7.5g	2.6g
Sodium	450 mg	153mg



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