



MEATY BEAN SOUP

Make this hearty, meaty bean soup as a comforting meal on a cold day. Preparing the soup in a Speedcooker® is so easy as the beans don't need to be soaked in advance. See the tips if you don't have a Speedcooker® – we've got you covered.

SERVES 6 – 8

INGREDIENTS

500g-750g stewing beef or short rib, on the bone, cut into pieces with excess fat removed

10 ml (2 tsp) olive oil

2 onions, chopped

2 cloves garlic, crushed

4 carrots, coarsely grated

3 celery stalks with leaves, chopped

15 ml (1 tbsp) ground coriander

15 ml (1 tbsp) ordinary paprika

25 ml (5 tsp) dried mixed herbs

2 bay leaves

200 ml (160 g) dried sugar beans

250 ml (1 cup) dried soup mix

1,5 liter (6 cups) vegetable stock or strong Rooibos tea

1 x 410 g tin chopped tomatoes or 2 large ripe tomatoes, chopped

30 ml (2 tbsp) tomato paste

lemon juice, salt and pepper to taste

45 ml (3 tbsp) chopped fresh Italian parsley

METHOD

1. Heat an AMC 8-litre Speedcooker® with a normal lid over a medium temperature until the Visiotherm® reaches the first red area.

2. Fry meat in two batches on all sides until brown and spoon out. Add oil and sauté onions and garlic until soft. Add carrots and celery with coriander and paprika. Sauté for a few minutes.

3. Stir in dried herbs, bay leaves, beans, soup mix and meat with the stock or tea and mix well. (Don't add salt at this stage as it may prevent the beans from softening.)

4. Bring to a gentle simmer over a medium heat with a normal lid on.

5. Seal unit with Speedcooker® lid (as per the instructions) and heat until the red ring on the indicator shows. Reduce the temperature slightly to maintain the indicator at this level and cook soup for 60 minutes.

6. Remove from heat and allow indicator to drop completely before opening Speedcooker®. Release any excess steam before opening the lid by pressing down the safety valve.

7. Stir in tomatoes, tomato paste and season to taste. Allow to heat through for a few minutes, stir in parsley and serve warm.

TIPS

▪ *If you don't have a Speedcooker®, remember to first soak the beans overnight, in enough water. The soup mix does not need to soak. The cooking time for the soup will then be 2-2,5 hours, until the beans and meat are both tender.*

▪ *This soup will work equally well with stewing lamb, or turn it into a vegetarian version by omitting the meat. The cooking time will remain the same as the beans need to cook.*