

## **Mexican-style Tomato Soup**

*Based on a recipe by Anna Jones*

This healthy soup is substantial enough to be a main meal, and you can vary the ingredients and accompaniments based on what you have available.

Serves 4

For the soup:

1 medium sweet potato, washed and chopped into little pieces (no need to peel)

20 cherry tomatoes, halved

Salt and pepper

Olive or rapeseed oil

A bunch of spring onions, trimmed and finely sliced (or use any other type of onion you have in)

2 gloves garlic, peeled and finely sliced

1 teaspoon sweet smoked paprika

1 teaspoon ground coriander

1 teaspoon ground cinnamon

400g tin of chopped tomatoes

750ml hot vegetable stock

400g tin of black beans, drained (or use another variety, e.g. cannellini or haricot)

Small bunch of fresh coriander, leaves picked and roughly chopped

To serve – all or any of the following:

Corn tortilla wraps (about 6 for 4 people; use flour tortillas if you can't get corn)

Eggs, for poaching (one per person)

Avocado, peeled and cut into chunks

Grated cheese

1. Preheat oven to 200 degrees C/fan 180/gas mark 6.
2. Put the sweet potato pieces on one side of a baking tray/roasting tin, and the halved tomatoes on the other side. Sprinkle with salt and pepper, drizzle with oil and roast for 20-25 minutes.

3. Heat a splash of oil in a large saucepan/casserole over a medium heat. Add the onions and garlic and sizzle for a few minutes, then add all the spices and stir round a couple of times. Add the tinned tomatoes and simmer for about 5 minutes.
4. Add the stock and bring to the boil, then simmer for another 5 minutes. At this point, you could blitz the soup with a blender – or leave as it is if you prefer more texture. Then add the drained beans.
5. Once ready, add the sweet potatoes to the soup, setting the tomatoes to one side. Leave the soup warming on a low heat.
6. Prepare your accompaniments:
  - If using tortillas, cut them into thin strips (about 2cm), put on a baking tray and sprinkle with a little salt. Drizzle with oil, toss to coat and bake in the oven (same temp as above) for about 5 mins, until crisp.
  - Chop the avocado and grate the cheese.
  - If using, poach your eggs (do this last, so that they are hot when serving). Fill a frying pan with boiling water from the kettle. Once simmering, crack in the eggs and simmer for about 3 and a half minutes, or until the whites are set but the yolks are still soft. Lift out with a slotted spoon, and put on some kitchen paper to soak up any moisture.
7. Serve up. Ladle the soup into bowls, and sprinkle with coriander. Add some roasted cherry tomatoes and a poached egg (if using) to each one. Put the tortillas, avocado and cheese in the middle of the table for everyone to help themselves.