



Inspiring RECIPES

Smoky bean soup with GEM® avocado crema

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PREP

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You don't get much more warming than a bowl of soup, and this deliciously smoky, slightly spicy number with its creamy GEM® avocado topping, delivers in spades – you can bulk it out further by stirring in some cooked rice if you like. Use hot smoked paprika if you like spice, mild if not.



INGREDIENTS

2 tbsp olive oil
1/2 red onion, finely chopped
1/2 red or green pepper, deseeded and finely chopped
1 garlic clove, peeled and crushed
1 tsp smoked paprika (see note)
1/4 tsp oregano
300ml vegetable or chicken stock
400g tin of black or borlotti beans, drained and rinsed
2 tbsp chopped fresh coriander

For the crema:

1/2 GEM® avocado
2 tbsp sour cream

Generous squeeze of lime juice

METHOD

1. Heat the oil in a medium saucepan over a medium-low heat and fry the onion until translucent. Stir in the pepper and cook for about 5 minutes until soft, then stir in the garlic and fry for a couple of minutes more.

2. Stir in the paprika and oregano, fry for a minute, then add the stock, stirring to dissolve anything stuck to the bottom of the pan. Drain the beans and add half to the soup. Mash the other half to a rough paste, then stir this into the pan as well. Bring to a simmer and cook while you make the crema.

3. Peel and stone the GEM® avocado and whizz or mash with the sour cream and lime juice until smooth. Season to taste and do the same with the soup.

4. Divide the soup between two bowls and top with a dollop of GEM® avocado crema. Scatter with coriander and serve.

NUTRITION INFORMATION

Per serving

Calories 1640kJ / 396kcal

Fat 27.4g

Saturates 6.5g

Carbohydrate 16.2g

Sugar 5.6g

Fibre 18g

Protein 14.7g

Salt 0.9g