

# STOP FOOD WASTE WEEK 2019

**STOP**FoodWaste.ie 



## MAKE-AHEAD MEXICAN SOUP

**Serves 8**

By Rozanne Stevens, from her cookbook, 'Eat Well at Work'

This is a favourite recipe from my cookery classes. It is full of flavour, colour and texture. It will brighten up any workday lunch. This soup freezes really well and with so many topping ideas, you'll never get bored, you'll have a different soup each time.

This looks like a really long list of ingredients, but the end result is totally worth it. Again, with our zero waste hats on, swap out the vegetables for the ones you have at home. Vegetables such as butternut squash, fresh tomatoes, peppers, carrots and celery all work well. Frozen peas, corn, carrots and green beans are also good.

The topping suggestions are just that, suggestions. Don't feel you have to go out and buy all of them, unless you know it won't go to waste. There is plenty of flavour and nutrition in the soup already, plus good sources of plant protein.

### Ingredients:

1 tbsp light olive oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
2 tsp dried oregano  
2 tsp ground coriander  
¼ tsp chilli powder  
1 red pepper, diced  
1 courgette, halved lengthways and sliced into half moons  
1 sweet potato, diced into small chunks  
1 x 400g tin of chopped tomatoes  
5 cups (1.25 litres) vegetable stock  
2 tbsp tomato purée  
1 x 400g tin of red kidney beans, drained and rinsed  
1 x 125g tin of corn, drained  
Salt and freshly ground black pepper

### To Serve:

½ cup (80g) cooked, shredded chicken, heated  
Grated Mature Cheddar Cheese  
Sour cream, crème fraîche or Greek yoghurt  
Fresh coriander leaves, finely chopped  
Lime wedges  
A dash of your favourite hot sauce  
Tortilla chips

### Method:

- Heat the oil in a large heavy-based soup pot over a medium heat. Add the onion and cook for 5 minutes, until softened. Add the garlic and spices and stir for 1 minute, until fragrant. Add the red pepper, courgette and sweet potato and cook, stirring, for 2 minutes to coat the vegetables in the spices.
- Pour in the tinned tomatoes, stock and tomato purée. Bring to the boil, then reduce the heat to a simmer and cook, partially covered, for 20 minutes until the vegetables are tender.
- Add the beans and corn and cook for a further 5 minutes, until heated through. Season with salt and pepper.
- Ladle into bowls and serve with your choice of cooked shredded chicken, grated Cheddar Cheese, sour cream, chopped fresh coriander, lime wedges, hot sauce and tortilla chips.

### Make Ahead:

With a slotted spoon, lift the veggies out of the soup and divide evenly between freezer-safe containers. Pour the liquid into a jug and distribute evenly between the containers, making sure the veggies are covered in liquid. Cool completely within 90 minutes, cover and transfer to the fridge for 2 hours. Date and label the bags, then freeze for up to two months.

For cookbooks and Zero Waste Cookery Classes visit

[www.rozannestevens.com](http://www.rozannestevens.com)

Twitter: @RozanneStevens

Instagram: @RozanneStevens

