Hearty Beef and Bean Soup

Serves: 4

1 onion, finely chopped
2 cloves of garlic, crushed
2 carrots, peeled and roughly chopped
3 sticks celery, finely sliced
½t smoked paprika
400g stewing beef or chuck steak
50g tomato paste
1l beef stock (diluted by half)
1 tin kidney beans
100g spinach

Method:

Heat a little olive oil in a heavy based pot and sauté onion, garlic, carrots, celery and paprika for a few minutes or until vegetables begin to soften.
Add the beef and brown well.
Stir in tomato paste and cook for 1 minute.
Pour in stock, cover and allow to simmer over a low heat for about 1½-2 hours, or until meat is tender.
Add the beans and spinach and cook for a further 10 minutes.
Season with salt and freshly ground pepper and serve immediately.

Top tip:
Kidney beans are not only full of cholesterol-lowering fibre, they are also a great source of other vitamins and minerals.