

Minced meat soup with kidney beans

4 servings

500 g ground beef or mixed meat
1 yellow onion
1 celery stalk (can be omitted)
3 carrots
2 tbsp tomato paste
9 dl water
2 beef stock cubes
1 can kidney beans (rinsed and drained)
1 tsp salt
1 tsp paprika
2 tsp ground black pepper
1 tsp dried thyme
1 tsp dried oregano
0.5 dl chili sauce
1-1.5 dl cream

Chop the onion and celery.

Slice the carrots.

Fry the onion and celery together with the ground meat in a pot so that the ground meat crumbles.

Add the tomato paste and fry for a few minutes.

Pour in the water and add the other ingredients except the carrots.

Cook for 30 minutes. After 10 minutes, add the carrots.

Let the soup stand for 30 minutes. Skim off about 1 dl of fat (mixed minced meat).

Pour in the cream and heat the soup.