

Avocado & Black Bean Eggs



Ingredients

- 2 teaspoon extra-virgin olive oil
- 1 red chili, deseeded and thinly sliced
- 1 large garlic clove
- 2 large eggs
- 1 1/2 cup black beans
- 1/2 cup cherry tomatoes
- 1/4 tsp cumin seeds
- 1 small avocado
- 1 lime
- Handful fresh, chopped coriander (cilantro)

Directions

1. Heat the oil in a large non-stick frying pan. Add the chili and garlic and cook until softened and starting to color. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.
2. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

20-Minute Chickpea Soup



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped (about 1½ cups)
- 3 large cloves garlic, finely chopped (about 2 tablespoons)
- 2 tablespoons no-salt-added taco seasoning
- 1/8 teaspoon salt
- 4 cups vegetable broth
- 2 (15-ounce) cans no-salt-added chickpeas, rinsed (about 3 cups)
- 2 small, sweet potatoes, scrubbed and chopped (about 2 cups)
- 1 (14.5-ounce) can no-salt-added fire-roasted diced tomatoes
- 1 (8-ounce) package cream cheese, softened
- 1 (5-ounce) package baby spinach (about 5 packed cups)
- Fresh cilantro leaves for garnish (optional)
- Tri-colored tortilla strips for garnish (optional)

Directions

1. Heat 2 tablespoons oil in a large saucepan over high heat. Add chopped onion, chopped garlic, 2 tablespoons taco seasoning and 1/8 teaspoon salt. Cook, stirring often, until fragrant and the onion starts to soften, 3 to 5 minutes.
2. Stir in 4 cups broth, the rinsed chickpeas, chopped sweet potatoes and diced tomatoes. Cover and bring to a boil over high heat. Reduce heat to maintain a lively simmer; cook, covered and stirring occasionally, until the sweet potatoes are tender, 8 to 10 minutes.
3. Stir in the softened cream cheese; return to a lively simmer. Stir in 5 ounces baby spinach; cook until wilted.
4. Divide the soup into 6 bowls. Garnish with cilantro and tortilla strips, if desired.