# Quick and Easy Tomato Black Bean Broth Recipe for Batch Cooking



### Tomato Black Bean Broth Recipe

A quick and easy Mexican-inspired Tomato Black Bean Broth can be prepared in just 25 minutes, perfect for batch cooking. Fresh lime and coriander enhance the flavor, and it pairs well with quick-pickled red onions.

**Timings:**  
- **Prep time:** 15 minutes  
- **Cooking time:** 10 minutes  
- **Serves:** 2

**Ingredients:**  
- 2 tbsp olive oil  
- 350g cherry tomatoes  
- 1 bunch of spring onions, finely chopped  
- 1 tsp cumin seeds  
- 1 tsp coriander seeds  
- 1 x 400g tin of black beans, drained and rinsed  
- 500ml vegetable or chicken stock  
- Juice of 1 lime

**For the topping:**  
- 1 avocado, sliced  
- A handful of coriander leaves

**For the quick-pickled red onions (optional):**  
- 1 red onion, finely sliced  
- 4 tbsp apple cider, red or white wine vinegar

**Method:**  
1. Quick-pickle the red onions by mixing them with vinegar and a pinch of salt. Stir and set aside.  
2. Heat olive oil in a large pan over high heat. Add cherry tomatoes and cook for 3 minutes until blistered and charred. Set aside.  
3. Turn heat to medium, add spring onions, salt, and pepper; fry for 2 minutes. Add cumin and coriander seeds, fry for another minute.  
4. Add black beans and stock. Bring to a boil, then simmer for 5-10 minutes.  
5. Squeeze lime juice into the broth, season to taste. Ladle into bowls and top with avocado, coriander, and pickled onions if using.

**Source:** Recipe from "Real Healthy: Unprocess Your Diet with Easy, Everyday Recipes" by Melissa Hemsley.