

# Good Enough 2 Eat

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## Capsicum & Tomato Soup

### You'll need:

- 4 or 5 very ripe tomatoes or 1 can tomato puree
- 3 medium-sized capsicums
- 1 tablespoon olive oil
- 1 large brown onion, chopped
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1.5 litres water
- 1 can Borlotti beans
- 2 Massel beef stock cubes
- Chopped chives or parsley for garnish



### Here's what to do:

1. If using tomatoes, place them in a large bowl and cover with boiling water. Leave for a few minutes, then peel them and chop roughly.
2. Remove capsicum skin using potato peeler and then chop capsicums.
3. In a large pot, sauté onion in olive oil.
4. Add paprika, cumin and coriander and stir for 1 minute. Do not allow spices and onion to burn.
5. Add water, Borlotti beans, stock cubes, chopped tomatoes or tomato puree and chopped capsicum.
6. Bring to the boil and simmer gently until vegetables are very tender.
7. Allow to cool for a few minutes, then blend.
8. Serve garnished with finely chopped chives or parsley.

### Helpful Hints

- Borlotti beans come in a tin and can be found in the canned vegetable section of supermarkets.
- Tin legumes are actually pressure cooked inside the tin and, therefore, the juice is very nutritious. Unless a recipe says to drain and rinse beans, it is beneficial to use the juice from the tin as well.
- We like to use Massel stock cubes because they are vegetarian and can be found with other stock cubes in most major supermarkets.