

Now you can make your own Chilli Beef soup



A lucky break with a Mormon missionary from Albuquerque led us to this delicious recipe and our customers have remained faithful ever since. This recipe makes enough soup for about four people so invite your friends over.

INGREDIENTS

250g minced beef
A large onion, roughly chopped
A red pepper, roughly diced
A tablespoon of olive oil
A heaped teaspoon of chopped red chilli, medium strength
A heaped teaspoon of ground cumin
A heaped teaspoon of paprika
2 cloves garlic, finely chopped
A pinch of cayenne pepper
A tablespoon of balsamic vinegar
750 ml fresh chicken stock
3 tablespoons of tomato puree
350g chopped tomatoes (about 1 tin)
3 bay leaves
400g kidney beans, (cooked or from a can)
Juice of a lime
A pinch of salt

MAKING YOUR SOUP

1. Blend half of the kidney beans with the chopped tomato until smooth.
2. Fry the minced beef, onion, red pepper, chilli, cumin, paprika, garlic and cayenne pepper in the olive oil for approx 15 minutes (over a medium heat) until soft.
3. Add the balsamic vinegar and carry on cooking for about another minute.
4. Add the chicken stock, tomato puree and bay leaves and simmer for at least 45 minutes. If the soup starts to dry out, top up with a little chicken stock or water.
5. Finish off with the rest of the kidney beans, lime juice and a little salt (if you like).
6. Serve with soft tortillas and sour cream.



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