SPICY BEAN SOUP

Tip: **don't like spicy foods? In that case, add 1 tsp of sugar to the soup to neutralize the acidity of the roasted tomatoes.**

Ingredients:
2 cups beans
2 cups oven roasted tomatoes, canned or homemade
1 small chili pepper, diced
½ cup shredded white cabbage
2 Tbsp olive oil
Salt
Sour cream (optional)

Instructions:

- In a medium pan, sauté cabbage and chili pepper. Add a pinch of salt and mix.
- Add the beans and roasted tomatoes. Stir well.
- Throw all the ingredients in a food processor. Purée.
- Heat, if needed, before serving.
- Garnish with a little bit of sour cream.

Serves 4

Good to know

When purchasing olive oil, go for the extra virgin kind, as it is the purest. Choose the olive oil (this applies to all cooking oils) in the darkest glass bottle. This will prevent the oil from spoiling quickly.