

## Christian's Crane Out Mexican Red Pepper & Tomato Soup

4 Servings:

Ingredients:

- 4 ts Olive oil
- 2 Onions, sliced
- 2 Red peppers, de-seeded and chopped
- 2 Garlic cloves, crushed
- 1tb Mild chilli powder
- ½ ts Ground cinnamon
- 14oz (420 g) canned chopped tomatoes
- 2 tb Tomato puree
- 1½ pt (900 ml) vegetable stock
- 6oz (180g) Canned Kidney Beans
- 4oz (120 g) cooked macaroni or other small pasta shapes
- Salt
- Fresh chopped oregano, to garnish

1. Heat the oil in a large saucepan. Add the onions, red peppers and garlic and cook gently for about 5 minutes until softened. Stir in the chilli powder and cinnamon and cook for 1 minute more.

2. Add the chopped tomatoes, puree and stock. Bring to a boil and then reduce the heat, cover and simmer for 20 minutes.

3. Blend the soup in a liquidiser or food processor until smooth. Return to the saucepan; add Kidney beans and the cooked pasta. Reheat the soup gently. Season with salt to taste.