

SALSA PIPIAN BEAN & RICE SOUP (vegan)

Serves 6

1 jar of CHEZWaWa small-batch Salsa Pipian (350gr) **
2 tablespoons vegetable oil
1 yellow onion, diced
1 red bell pepper, diced
3 garlic cloves, diced
(optional 1 fresh or pickled jalapeño, chopped **)
(optional 1 teaspoon chili powder or cayenne pepper)
200 grams firm tofu (nature), drained and pressed
1 small can of tomato paste (+/ 50 ml)
3 cubes of vegetable broth dissolved in 1 liter of hot water
200 grams of black or pinto beans ** soaked overnight – then change water and boil until tender about 45-60 minutes)
1 small bunch of fresh cilantro, chopped
1 lime, juiced
+/- 500ml of cooked white rice
(optional toppings: pickled red onions **, spring onion slices, radish slices, crushed tortilla chips, non-dairy cream or yogurt)

Heat the vegetable oil over medium heat and add the onion, bell pepper, garlic (and jalapeño and chili powder). Cook down for a couple of minutes until tender, stirring frequently.

Add in the tofu and crumble with a wooden spoon,

Pour in the tomato paste, Salsa Pipian, vegetable broth and beans. Bring to a boil, lower the heat and simmer uncovered for 10 to 15 minutes, stirring every few minutes.

When ready to serve, add chopped cilantro and lime juice. Taste the seasonings and add some salt and pepper if needed.

To serve, add rice to each soup bowl and ladle the soup over.

Serve with any of the additional toppings, and/or with warmed corn or flour tortillas ** on the side if desired.D

*** Ingredient usually available at Pequeña Tienda at CHEZWaWa-Châtelain.*