

Tomato Soup (Mexican)

Yield: 4 serves | **Cook:** 20 min | **Source:** thestranger.online

This is such a simple and quick way to fire up the troops when they've been out and about and return with a hunger from the British cold.

Ingredients

- 450 g Jar of roasted red peppers
- 2 tins chopped tomatoes (440 ml each)
- 6 spring onions
- 9 ml olive oil
- 50 g fresh coriander
- 2 or 3 birds eye chillies
- 750 ml water
- 60 g rice (dried)
- 300 g natural yoghurt
- 18 ml sliced Jalapeños
- 36 ml Crème Fraîche
- 2 handfuls of fresh mint (approximately 20 leaves)

Notes

You could serve this with fresh crusty bread or tortillas with melted Manchego and chillies. Give it a shot, so very simple and so very quick, wonderfully tasty. It'll go down a storm.



Instructions

1. First up, take half a dozen spring onions and roughly chop them, drizzle a little oil in a pan, I used a wok but any kind of pan will work fine (although, we're going to use a hand/stick blender at the end so you may not wish to use a nice brand new non-stick pan, just in case you scratch it).
2. Grab a handful of fresh coriander and cut the stalks off and throw those in, if some leaves get in there it doesn't matter, the main flavour is in the stalk, set the leaves aside for garnish or other dishes. Slice in a couple of chillies, keeping the seeds in for the heat.
3. After a couple of minutes place the whole jar (450g) of roasted peppers in to the pan, swiftly followed by 2 tins of chopped tomatoes.
4. Add 750 ml of boiling water whilst the heat is on full. Stir for 1 minute then add 60g rice, it doesn't matter what kind but not a ready cooked packet, it should be dried, I used Basmati. Cover and cook for 10 minutes, this will release the starch in the rice and thicken the soup whilst adding a creamy texture.
5. Whilst we're waiting for that to cook we'll prepare the minty yoghurt dressing.
6. Pour 300 ml natural yoghurt (0% fat) into a bowl, add 2 tbsp Crème Fraîche, 3 tspn of sliced jalapenos and as much fresh mint as you wish; I grabbed this from the front garden and it was about 20 leaves, it's your choice.
7. Use a hand/stick blender to completely incorporate the ingredients into a dressing, pretty soon your soup will be done.
8. You're nearly done. You can clearly see how the rice has cooked and is swollen whilst releasing its starch.
9. Grab the blender once again and work away until you achieve the consistency you require, it should only take you a minute or so. Once you're happy, drizzle the mint yoghurt over the top, and serve to your waiting hungry mouths.