

# CHUNKY MEXICAN SOUP

## Hot Soup Program

### Ingredients:

garlic  
onion

olive oil

1 can of red haricot beans (or soak dried haricot beans for 24 hours and cook them in unsalted stock with kombu algae for 1 hour)

1 cup of red whole grain rice

4 carrots

1 red pepper

a pinch of chilli powder

Cook the rice in a saucepan for 45 minutes.

Lightly brown the garlic and onion in a frying pan.

Finely chop the carrots and pepper and add them to the garlic and onion mixture; lightly brown. Add the chilli powder (OR a small piece of chilli pepper with the seeds removed OR a few splashes of Tabasco sauce).

Put everything into the blender and select the "hot soup" function; season to taste. Return to the saucepan and add the red haricot beans and rice.

### TEFAL TIP:

Do not eat too much protein (animal or vegetable). Too much isn't good for the body and an excess amount acidifies. A good tip is to eat more fruits and vegetables than you do grains and pulses.

