

MEXICAN BEAN SOPA DE LA CASA

By Susanita **12 Servings**

This is made traditionally with goat but here is an even easier tasty version with free-range thighs-chicken thighs or use chicken breast or make it vegetarian and use a plethora of beans. This hearty soup is great over rice or tortilla strips, or in a burrito, if left thicker without the stock.

This original recipe is adapted from my 5th cookbook; *Creative Mexican Cookery* written in 1995 from my many travels to Mexico and multiple clients of Mexican products and restaurant chains. I most recently showcased it at the Royal Show 2003 for Margaret River Dairy Products topped with their wonderful Greek-Style Yoghurt—vegetarian style!

1 kilo free-range chicken thighs; trimmed and cut to large cubes
5-10 ml good quality avocado or olive oil
1 bunch (150 grams) green onions, sliced or large red onion diced
8-10 cloves garlic, minced or pressed
2 Ea. carrots **and** medium zucchini, diced and cubed
1 large red, green or yellow capsicum, cubed
2 cans mixed beans (kidney, Great White Northern, black or pinto beans)
1 can re-fried beans (to help thicken)
60 ml (1/4 cup) fresh lime juice
1 box chicken stock or vegetable broth
1/2 cup chopped cilantro (coriander)
1Tbsp. freshly minced oregano
1 tsp. cumin
Jalapenos, habanera's (Scotch Bonnets), red chillies roasted and sliced and dropped in as desired

GARNISHES:

Whole meal Greek Pita Bread or Green or Red Soft Wraps or Corn Tortillas,
Cut in 1-cm wide strips oven-baked(textural crunch!)
Greek-Style Yoghurt, dollop
Sliced radishes, 3 per serving
Chilli and Spice Black Olives as needed
Green chilli salsa, dollop
Mozzarella cheese, shredded as needed
Coriander sprigs, 1 Each Guacamole, spoonful

TO COOK:

Cover meat with cold water, bring to a boil, cover and reduce to simmer, cooking 5 minutes. Cool meat in its own broth. Brown meat in oil. Sauté onions, garlic and vegetables until softened. Add remaining ingredients. Cover and simmer 20-30 minutes.

TO SERVE:

Garnish at will or serve in side condiment jars. See photo if you have purchased Susanne's cookbook. Guests can add colourful condiments to their own preference. Of course, yoghurt or sour cream will "cool" the heat of the salsa.

Tip:

Cook the lively flavors of Mexico and the Southwest with the zing of Buderim Ginger—great in most everything! Mexican foods may have just as much heat as your palate prefers with fresh and dried chiles, herbs and spices. And it's not necessarily fattening, greasy or spicy!