## SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Southwestern Black Bean Soup



Born in Italy, Chef Massimo Capra culinary training began in Salsomaggiore, Parma. He then started his culinary journey at the famous Trattoria dall' Amelia in Mestre near Venice. Chef Massimo Capra came to Toronto in 1982 and worked at "Archers", a restaurant owned by a family member. Chef Massimo Capra is no stranger to television being the host of his own show Gourmet Escapes, a regular guest expert on the long running City TV Cityline, Global's The Morning Show, and Food Network shows, Restaurant Makeover, Chopped:

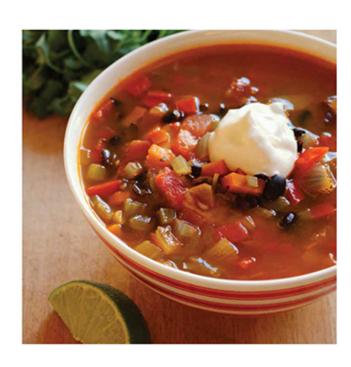
Canada, Top Chef Canada and Wall of Chefs.



I am a soup lover, and living in a multicultural city like Toronto has allowed me to experience cuisines from around the world. Their soups may be very different, but every culture considers its own particular chicken soup one to cure all ills. This isn't a chicken soup but, with its Tex-Mex flavors, it is one of my favorites. -Massimo Capra



Southwestern Black Bean Soup Page 94 The Soup Sisters and Broth Brothers Cookbook By Chef Massimo Capra



Makes about 8 servings

2 cups (500 mL) dried black beans (see page 4)

2 Tbsp (30 mL) vegetable oil

2 cups (500 mL) finely chopped onions

1½ cups (375 mL) seeded and diced sweet red peppers

1 cup (250 mL) peeled and finely chopped carrots

1 cup (250 mL) finely chopped celery

4 cloves garlic, minced

8 cups (2 L) vegetable stock

3 jalapeño chilies, seeded and minced 2 tsp (10 mL) sweet Hungarian paprika 1 tsp (5 mL) ground cumin 1 cup (250 mL) finely chopped cilantro 1 Tbsp (15 mL) fresh lemon juice

2 cups (500 mL) chopped tomatoes

Salt and pepper to taste

Sour cream for garnish

Finely chopped chives for garnish (optional)

Please note: Not only do using dried beans require overnight soaking or advance preparation but the actual cooking time is at least 2 hours. Using canned beans makes it much simpler to whip up a batch of soup fast. Purchase 3 - 19 ounce (540 mL) for 1 recipe or double the amount if you are doubling the recipe.



This is a delicious Tuscan soup a bit similar to stone soup. Very few ingredients and very filling. The English name is *Cooked Water*.

5 Large ripe tomatoes, chopped

1 cup Chopped onion

1 Tbsp Minced garlic

1 cup Thinly sliced celery

1 cup Peeled and chopped carrot

½ bunch Parsley, chopped, optional

6 – 8 leaves Fresh basil, if not available, don't use

1 Chili pepper, seeded and chopped, optional

2 ½ L Water

4 Eggs

1 cup Romano cheese

Olive oil, as needed

Salt and pepper, to taste

Bread

- 1. Chop the ripe tomatoes in large chunks and set aside.
- 2. Chop the carrots and onion, mince the garlic and thinly slice the celery. Set aside.
- 3. Preheat a pot and place a couple of spoons of oil in it, add the carrot, garlic, onion and celery and sauté until the vegetables are fragrant, add the tomato, basil, chili pepper and cook for a minute more.
- 4. Add the water and simmer for at least 15 minutes.
- 5. Season to taste with salt and pepper.
- 6. The soup should be dense and with a little broth, taste again for correct seasoning.
- 7. Crack the eggs in it and simmer until the eggs are done to your liking, add the chopped parsley.
- 8. Scoop and serve on a toasted bread and try to show the egg, sprinkle with olive oil and a good amount of grated Romano cheese.

## **Suggestions**

After you toast the bread rub a garlic clove on both sides.

Use a chopstick to break the egg white so it cooks faster.