

# Gazpacho

(cold tomato soup—Spanish) 6 servings

## Ingredients

1. 2 cups of canned tomato puree
2. 1 chopped onion
3. 1 chopped and seeded green pepper
4. 1 chopped cucumber
5. 2 cups tomato juice
6.  $\frac{1}{2}$  cup olive oil
7. 3 Tablespoons white vinegar
8. 1 clove of garlic minced or grated
9. 1 teaspoon salt
10.  $\frac{1}{4}$  teaspoon cumin
11. 1 Cup small bread cubes for croutons—you could also buy these rather than sauteing the bread
12. 3 Tablespoons of butter
13. 1 clove of garlic minced or grated

## Directions:

1. Blend the first 4 ingredients in a blender on the “Puree: setting for 30 seconds
2. Mix ingredients 5 through 10 in a bowl large enough to hold the first 10 ingredients
3. Add the pureed vegetables to the bowl and stir to mix well
4. Chill at least two hours
5. while the soup is chilling, make the croutons by frying the bread cubes in the butter and garlic until the bread is lightly browned and crispy\*
6. serve the soup cold, in bowls with croutons and a nice touch is a few minced onions, peppers and cucumbers on the top

\*if you don't want to make the croutons look in the grocery store salad dressing area for croutons that seem similar to the ones in the recipe.

# Arroz de Feijão – Portuguese Rice with Beans

Course: Main dish or starters

Prep time: 5 minutes

Servings: 4 servings

Cooking time: 45 minutes

## **Ingredients**

10.5 ounces short grain rice

12.33 ounces canned kidney beans drained

1 small red pepper - diced

1 medium onion - diced

3 tbsp extra virgin olive oil

3 garlic cloves - minced

½ cup tomato puree

1 TBSP Tomato paste

2 cups vegetable stock

2 cups water

1/2 tsp sweet paprika

1/4 tsp chili flakes

fresh thyme—to taste

1 tbsp butter

fresh parsley

salt - to taste

black pepper - to taste

## **Directions**

1. Place a large pan over medium heat, once it heats up add the olive oil, pepper and onion.
2. Cook until the onion becomes translucent, about 8 minutes.
3. Push the pepper and onion to one side of the pan, add an extra drizzle of olive oil and toss in the garlic, fry for about 2 minutes until fragrant.
4. Add in the rice, cook for about 3 minutes before adding passata, tomato concentrate, veg stock/water. Season with paprika, Chilli flakes, thyme, some black pepper and salt. Stir well to combine. Bring it to a boil, then reduce it to a gentle simmer.
5. Cook for about 25 minutes, stirring every so often, or until the rice becomes al dente (fully cooked, but still slightly firm when you bite into it).
6. Add the kidney beans, stir well to combine. Cook for another 5 minutes. Toss in the butter, stirring gently.
7. Season with some more black pepper and salt if needed. Serve it with some chopped fresh parsley and a drizzle of olive oil.