

# Soup stories

 By [Nina Timm](#)

15 Jul 2016

What on earth can be better in this weather than to wrap your cold hands around a forgiving bowl of soup?

Mexican Tomato soup is the flavour this winter, it seems. I make a pot full almost every second day and the kids love it. When they come home after writing a subject or while they take study breaks, they go for the pot of soup and I feel like super-mom! The soup is packed with nutrients, flavour and has no added sugar, flour or cream. Just tomatoes, olive oil, herbs and spices.



At the moment I am on a bit of a spice binge, so this basic tomato soup became my new favourite Mexican Tomato Soup. These days it is the in thing to “load” things. Loaded spud skins, loaded potato chips, loaded waffles... no wonder my backside is also so loaded! It is, however, possible to “load” this soup with healthier options, so if you are ready, let me show you how!

If you are not quite into the whole spice thing, try the more conventional soups such as: Chunky Tomato and Bean Soup, Sweet Potato, Leek and Biltong Soup, classic Bean Soup or an old favourite... old fashioned Vegetable Soup!

## Mexican Tomato soup (serves four to six)

### Ingredients

- 10ml smoked paprika
- 10ml fine cumin
- Two whole small chilies
- 10ml Chipotle Tabasco
- 1kg Roma tomatoes
- 200ml Olyfberg olive oil
- Eight garlic cloves – peeled but kept in whole segments
- Handful fresh coriander
- Salt and black pepper

- 80g tin tomato paste

For a thinner soup – add 250ml chicken or vegetable stock.

## Method

Add the olive oil to a large pan/pot and add the garlic and about one handful of fresh coriander, smoked paprika, cumin and chillies. Heat the oil very slowly on low-medium – we want to infuse the oil with the garlic and basil. Infuse for about five minutes – please don't burn the garlic.

Add all the tomatoes, turn up the heat to medium high and cook for +- 20 minutes without the saucepan lid.

You will see the tomatoes start to burst open and infuse with the olive oil. Use your stick blender to turn these delicious tomatoes into a soup. Add the tomato paste and stock and cook through.

Season generously with salt and freshly grounded black pepper. Please be sure to taste when you season!

Before serving, add the following options:

- shredded roast chicken
- charred corn
- sour cream chopped avocado
- strong white cheddar
- baked or fried tortilla chips – optional

[www.my-easy-cooking.com](http://www.my-easy-cooking.com)

## ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

- #BizTrends2017: Back to our roots - eight food trends for 2017 - 12 Jan 2017
- Labneh quiche for brunch - 19 Dec 2016
- Christmas cherry chicken - 5 Dec 2016
- Gin and Tonic Lollies to welcome summer - 25 Nov 2016
- Pork rillettes for a summer feast - 17 Nov 2016

[View my profile and articles...](#)

For more, visit: <https://www.bizcommunity.com>