



MEXICAN HODGEPODGE SOUP

1 PACKAGE OF SEITAN
1 PACKAGE OF CREMINI MUSHROOMS
2 CANS DARK RED KIDNEY BEANS
1 CUP JASMINE RICE
2 CANS STEWED, DICED OR CRUSHED TOMATOES
2 CUPS NO-CHICKEN STOCK
2 CUPS VEGGIE STOCK
2 TBSP CUMIN
¼ TSP CAYENNE PEPPER
1 TBSP OLD BAY SEASONING
¼ TSP CRUSHED RED PEPPER FLAKES
1 TBSP TOMATO PASTE
SALT AND PEPPER TO TASTE
OLIVE OIL
GARLIC

HEAT SKILLET, ADD OLIVE OIL AND GARLIC. BE SURE NOT TO LET THE GARLIC BROWN (OR IT WILL TASTE BITTER). ADD SLICED MUSHROOMS AND SEITAN. OLD BAY SEASONING, SALT AND PEPPER TO TASTE, THEN SET ASIDE.

IN STOCKPOT, ADD STOCK, TOMATO PASTE, KIDNEY BEANS, CUMIN, RED PEPPER FLAKES, CAYENNE AND RICE. BRING TO BOIL. ADD THE SEITAN, MUSHROOMS AND STEWED TOMATOES, RETURN TO BOIL THEN TURN HEAT DOWN TO SIMMER FOR 20-25 MINUTES UNTIL RICE IS COOKED THOROUGHLY. ADD SALT AND PEPPER TO TASTE, AS YOU DESIRE. THE LONGER IT COOKS THE BETTER IT TASTES!

SERVE WITH YELLOW CORN TORTILLA CHIPS AND A DARK BEER.

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