



Cowboy soup

VISI editor Jacquie Myburgh Chemaly regularly serves her sister Danny's cowboy soup to three appreciative men between the ages of 3 and 49. "We're always at the table in our kitchen for dinner," she says. "My husband and I are still in the phase of teaching our children good manners." Jacquie loves her multi-coloured collection of antique bowls at home, but this soup would work beautifully in a soup bowl by Clementina van der Walt (R450).



Ingredients:

- 1 packet of organic Kenyan butter beans, soaked overnight and drained
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 2 sticks of celery, chopped
- 2 carrots, grated or chopped
- 1 can of whole, peeled tomatoes, pureed
- a sprig of thyme and a bay leaf or two
- 2 litres of homemade stock
- spicy Spanish or chorizo sausage, sliced and slightly browned

Method:

Soften the onion and garlic in some olive oil before adding all the other ingredients, except the sausages. Bring to the boil and then simmer until soft and delicious – about one and a half to two hours. Season to taste with extra stock powder, salt and pepper. Add the browned sausages close to serving.