



The Etna Library's



Spice of the Month Program

Spice for November, 2025:

Cayenne

Cayenne pepper is a finely ground powder with burnt orange and brick red hues, flecked with darker black and red specks. The spice has a pungent aroma that smells sweet and slightly smokey.

Ground Cayenne pepper has a strong picante bite with medium heat, ranging from 30,000 to 50,000 SHU on the Scoville scale. The powder is slightly sweet with a subtle smokiness and fresh red pepper flavor.

Capsicum annum peppers are native to Central and South America and have been cultivated by indigenous peoples for over 7,000 years. Cayenne peppers originated in French Guiana, north of Brazil, and are named after the native Tupi word for the chile.

The peppers were discovered by Spanish explorers in the 15th century and were brought back to Europe with Christopher Columbus when he returned from his voyage to the Americas.

<https://www.specialtyproduce.com>



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Spicy Red Bell Pepper Soup



Prep Time: 40 min

Cook Time: 35 min

Servings: 10

- 1 tablespoon extra-virgin olive oil
- 6 red bell peppers, seeded and chopped
- 2 yellow onions, chopped
- 2 carrots, chopped
- 2 ribs celery, chopped
- 4 cloves garlic, chopped
- 2 quarts chicken broth
- ½ cup long-grain rice
- 2 tablespoons chopped fresh thyme
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper
- ¼ teaspoon crushed red pepper flakes

Directions:

- (1)** Heat olive oil in a large pot over medium-high heat.
- (2)** Stir in bell peppers, onions, carrots, celery, and garlic; cook and stir until vegetables soft, about 10 minutes.
- (3)** Stir in chicken broth, rice, thyme, salt, black pepper, cayenne pepper, and red pepper flakes; bring to a boil.
- (4)** Reduce heat, cover, and simmer until rice and vegetables tender, about 25 minutes.
- (5)** Remove from heat; cool 30 minutes.
- (6)** Purée cooled soup with an immersion blender until smooth. Or use a blender and purée, in batches, until smooth.

Recipe Source:

<https://www.allrecipes.com/recipe/148540/spicy-red-bell-pepper-soup/>



Enjoy!