

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Tortilla Soup with Black Beans

From Everyday Food Magazine

You can add diced chicken (about 1 pound) by cooking it in the olive oil for a few minutes until no longer pink, and then continue with step 1.

Serves 4

1 tablespoon olive oil
4 garlic cloves, minced
1 teaspoon chili powder
2 cans (14.5 ounces each) diced tomatoes in juice
2 cans (15 ounces each) black beans, rinsed and drained
1 can (14.5 ounces) chicken broth (Look for one without MSG)
1 package (10 ounces) frozen corn kernels
Coarse salt and ground pepper
1 cup crushed tortilla chips
1 tablespoon fresh lime juice, plus lime wedge for serving

1. In a large saucepan, heat oil over medium. Cook garlic and chili powder until fragrant, about 1 minute. Add tomatoes (with juice), beans, broth, corn, and 1 cup water; season with salt and pepper.
2. Bring soup to a boil; reduce to a simmer. Cook for 10 minutes. Remove from heat; stir in lime juice, and season with salt and pepper. Serve soup with tortilla chips and lime wedges.