

# Mexican Black Bean Soup

45 minutes

## Ingredients (serves four)

2 cans of black bean (drained and rinsed)  
2 small tomatoes  
1 jalapeño  
1 cob corn  
1 yellow onion  
5 cloves garlic  
1 red pepper  
2 tbsp cumin  
Cheddar  
Cilantro  
Tortilla chips  
Avocado  
Lime  
4-6 cups of water or broth  
Sour cream



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

## Instructions

1. Cut onion, red pepper, and tomato into 1/4" dice. Mince garlic and Jalapeño. Cut corn kernels off of corn.
2. Put a large pot on medium-high heat. Add 2 glugs of neutral oil. When hot add onions and cook for 2 minutes or until translucent.
3. Add garlic and cumin and cook for another minute. Then add red pepper, jalapeño, corn, and tomatoes and cook for an additional 2 minutes
4. Add drained and rinsed black beans, 4-6 cups of water or broth, and 1/2 tsp to 1tsp of salt (depending on taste), bring to a boil and then reduce to simmer for 30 minutes.
5. Meanwhile grate cheese, dice avocado, and rinse and chop cilantro.
6. Portion soup into four bowls and top with cheese, avocado, tortilla chips, sour cream and serve with a slice of lime alongside.
7. Enjoy!!