

Quick Black Bean, Corn, + Tomato Soup

By Anne Lindsay
New Light Cooking

My son + daughter were introduced to this soup when they were 3 1/2 and 1 1/2 years old, respectively. (I was pregnant with my youngest.) It was during a family holiday in Tofino, BC when it was our friends turn to make dinner for both families. I wasn't sure how my kids would like the soup since they had never had black beans or chili seasoning before. My friend served it up, put it in front of them and they gobbled it up, even asking for seconds! When I learned how easy it was to make, I had to make it a regular at our dinner table, served with a side green salad and small dinner rolls.

10 mL	Olive oil	2 tsp
2	Onions	2
20 mL	Chili powder (less for children)	4tsp
1	28 oz can stewed or diced tomatoes	1
500 mL	vegetable or chicken broth	2 cups
1	19 oz can black beans	1
375 mL	corn kernels, frozen	1 ½ cups
30 mL	fresh cilantro, coarsely chopped or 10 mL (2 tsp) dried	2 tbsp

In large saucepan, heat oil over medium heat; cook onions and chili powder, stirring often, for 5 to 10 minutes or until tender. Coarsely chop tomatoes; add to onions along with stock black beans and corn. Simmer, stirring often for 5 to 10 minutes or until slightly thickened.
Stir in cilantro.

Makes 4 servings.