



tuesday

SOUTHWEST BEAN SOUP

2 tablespoons extra-virgin olive oil
1½ cups chopped onion
1 cup chopped poblano peppers
2 cloves garlic, minced
1 tablespoon chili powder
1 tablespoon chopped fresh oregano or 1 teaspoon dried
¼ teaspoon salt
4 cups low-sodium chicken broth
15-ounce can black beans, rinsed
15-ounce can kidney beans, rinsed
¾ cup chopped cooked Mexican-style chorizo
1 cup corn kernels, fresh or frozen
1 cup chopped kale
1 tablespoon lime juice

Heat oil in a large pot over medium-high heat. Add onion, poblanos and garlic; cook, stirring occasionally, until the vegetables start to soften, 3 to 4 minutes. Stir in chili powder, oregano and salt; cook, stirring for 1 minute.

Add broth, black beans and kidney beans; bring to a boil. Reduce heat to a simmer, stir in chorizo; cover and cook until the vegetables are tender, about 10 minutes.

Stir in corn, kale and lime juice. Cover and cook 5 minutes more.

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Serves 6
Active Time: 30m
Total Time: 30m

NUTRITION FACTS

Amount per serving:
Calories: 258
Total Fat: 9g
Saturated Fat: 2g
Monounsaturated Fat: 4g
Cholesterol: 12mg
Sodium: 444mg
Carbohydrates: 32g
Dietary Fiber: 9g
Total Sugars: 6g
Added Sugars: 0g
Protein: 14g
Potassium: 606mg