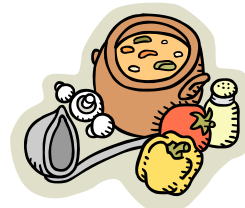


Taco Soup with Beans



1. In a large pot add:

oil	1 tablespoon
onion, chopped	1 medium

Cook and stir on medium heat until onions are soft.

2. Add:

water	4 cups
black pepper	1 teaspoon
chili powder	1 tablespoon
garlic powder	1 tablespoon
cumin	1 teaspoon
oregano	1 teaspoon
rice, uncooked	$\frac{1}{2}$ cup

Increase heat to medium-high and bring to a boil. Reduce heat to medium - low and simmer for 30 minutes, or until rice is cooked, stirring until thickened.

3. Add the rest of the ingredients:

black eyed peas (drained)	1 can (540ml)
beans in tomato sauce	1 can (398 ml)
tomato soup (condensed)	2 cans (10 oz or 284ml)
corn, niblets (undrained)	1 can (341 ml)

Simmer for 5 minutes. Serve with grated cheese and pita bread.

Serves 6

