

Tex-Mex Soup

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 the following to the pot:

Water	4 cups
Chili powder	4 teaspoons
Garlic powder	3 teaspoons
Cumin	2 teaspoons
Oregano	2 teaspoons
Brown rice, uncooked	½ cup

Increase heat to medium-high and bring to a boil. Reduce heat to medium-low and simmer for 30 minutes with the lid on, or until rice is cooked.

3. Add the rest of the ingredients:

Canned black beans, drained and rinsed	1 can (540 ml)
Canned tomatoes, diced	1 can (398 ml)
Canned corn	1 can (341 ml)

Simmer for 5 minutes. Serve with pita bread.

Serves 6



Tip:

You can replace black beans with kidney beans or pinto beans.