

Taco Soup

Ingredients

- ½ cup water for de-glazing pan
- ¼ onion - diced (red or white)
- ½ red bell pepper diced
- 1 tomato - diced
- 1 jalapeno or serrano pepper- diced
(leave in seeds for a spicy soup)
- 2 cups cooked pinto beans
- 2 cups cooked black beans
- 1½ cups (or 1 can) of corn
- 2 cups water
- 1 8 oz can of tomato sauce
- cilantro to taste (I used a handful, chopped)
- ¾-1 tsp salt
- 1 tsp chili powder
- 2 Tbsp nutritional yeast



Instructions

1. Add diced onion and bell peppers to pan, stirring regularly. If they begin to stick add a few Tbsp of water to pan to de-glaze.
2. Cook, remembering to stir and de-glaze as necessary until onions are translucent and peppers begin to soften.
3. Add tomatoes and jalapeno peppers, cook until soft.
4. Add beans, corn, 2 cups of water and tomato sauce then simmer.
5. Taste then add spices and nutritional yeast a little at a time until desired "spiciness" is reached.
6. Add cilantro last then allow to cool before eating.



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Adapted from:
www.myplantbasedfamily.com