

Tex Mex Soup

Recipe makes: 8 to 10 servings (1 cup of soup per serving)

Preparation time: 20 minutes

Cook time: 45 minutes

Equipment: one cutting board, one vegetable peeler or paring knife, one large knife, one strainer, one large pot, one wooden spoon, one set of measuring cups, one set of measuring spoons, one stove or hotplate, one ladle, serving bowls

What you need to make this recipe:

- ✓ 1 teaspoon canola oil
- ✓ 1 onion, peeled and diced
- ✓ 1 red bell pepper, diced
- ✓ 1 green bell pepper, diced
- ✓ 1 carrot, peeled and diced
- ✓ 2 stalks of celery, diced
- ✓ 2 cloves garlic, minced
- ✓ 1 14 oz (540 mL) can kidney beans, drained and rinsed
- ✓ 1 14 oz (540 mL) can black beans, drained and rinsed
- ✓ 1 12 oz (341 mL) can corn kernels, drained and rinsed
- ✓ 2 teaspoons cumin
- ✓ 2 teaspoons chili powder
- ✓ 2 teaspoons cayenne pepper
- ✓ 1 14 oz (540 mL) can diced tomatoes
- ✓ About 4 cups (900 mL) vegetable broth
- ✓ Chopped parsley or cilantro (optional)

How to make Tex Mex Soup:

1. Put the oil in a large pot. Put the pot on the stove or hotplate and turn the heat on to medium.
2. When the oil is warm, add the onion, peppers, carrot, and celery to the pot. Cook the vegetables, stirring often using a wooden spoon, until they begin to soften.
3. Add the garlic, beans, corn, and spices to the pot. Cook, stirring often, for 2 minutes.
4. Add the tomatoes and broth to the pot and turn the heat up to medium high. When the soup is simmering, turn the heat down to medium low.
5. Simmer the soup for 30 minutes, stirring occasionally, until the vegetables are tender. A food is tender when the teeth of a fork can easily be inserted into the food.
6. Take the soup off the heat and let it cool for 5 minutes.
7. Serve the soup hot. If you like, you can serve it topped with chopped parsley or cilantro.

Tex Mex Soup

Nutrition Facts		
Per 1 cup (250 g)		
Calories	100	% Daily Value*
Fat	0.5 g	1 %
Saturated	0.1 g	1 %
+ Trans	0 g	
Carbohydrate	18 g	
Fibre	6 g	21 %
Sugars	4 g	4 %
Protein	5 g	
Cholesterol	0 mg	
Sodium	250 mg	11 %
Calcium	50 mg	4 %
Iron	1.75 mg	10 %
Vitamin A	100 µg	11 %
Vitamin C	24 mg	27 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

May contain wheat and gluten.

About this recipe:

One serving of this soup is a good source of iron. Our bodies need iron to make red blood cells. Red blood cells carry oxygen from our lungs to all parts of our bodies. If we do not have enough red blood cells, we can feel tired. The main sources of iron in this recipe are the kidney beans and black beans.

Substitutions:

To make this recipe wheat and gluten-free, use certified gluten-free kidney beans, black beans, and vegetable broth.

Storage information:

Store the soup in an air-tight container in the fridge for up to 4 days, or in the freezer for up to 3 months. Put a label with the date you made the soup on the container, so you know how long it has been in the fridge or freezer.



MEDAVIE

