

Black Bean Tortilla Soup

(makes 8 cups, serves 4)

The soup:

- 3 cups chicken or vegetable broth
 - 1 x 540ml tin of garlic & olive oil diced tomatoes (or just diced tomatoes)
 - 1 x 540ml tin of black beans, drained and rinsed
 - 1 cup frozen corn kernels (or fresh)
 - ¼ cup salsa
 - 1 Tbsp hot sauce
 - 1 tsp cumin
 - 1 clove garlic, or use garlic powder
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- 1 cup fresh cilantro, chopped

The topping:

- 1 cup thinly sliced green onions (about 5)
- 1 ripe avocado, cut into cubes or slices
- 1 lime, scrubbed well, and cut into wedges
- 40 unsalted whole-grain corn tortilla chips, or 4 fresh corn tortillas

1. Bring the broth to a boil in a soup pot.
2. Add the undrained tomatoes, black beans, corn, salsa, hot sauce, cumin, and garlic; bring back to a boil. Reduce heat to a simmer and cook, covered, for 5 minutes. Add cilantro, stir, and remove from heat.
3. Ladle the soup into 4 deep soup bowls. Sprinkle each portion with the green onions, avocado, dividing evenly.
4. Squeeze a lime wedge or two into each bowl. Crumble 10 tortilla chips into each bowl and stir gently. If using fresh tortillas, just tear into bite-sized pieces and add to each bowl.