



SOUP-ER EASY BLACK BEAN AND CORN SOUP

Servings = 6 · serving size: about 1 1/3 cups

10 minutes Prep + Cook Time

Subscriber Michele Houghton shared her favorite quick and easy "pantry meal" with me. Serve it with homemade pita chips and orange slices.

- 45 oz. canned black beans, reduced salt, if possible, with their liquid
- 1 cup chunky salsa, or any variety
- 1 cup water
- 1/2 tsp. ground cumin, or more to taste
- 14 oz. canned corn kernels, with their liquid
- 1 cup nonfat Greek yogurt or sour cream , for serving (optional)

(If you are serving the pita chips, start them first.) In a medium stockpot over medium heat, combine the beans, salsa, water and cumin and bring it to a boil. While it is heating, use an immersion blender to puree about half the mixture, so it is still chunky. Add the corn and its liquid, and continue to heat it for about 5 minutes, stirring occasionally. (For a smoother soup, add the corn before pureeing the soup.) (Slice the oranges now, if you are serving them.)

Serve the soup with a dollop of Greek yogurt or sour cream, if desired. Alternatively, you can refrigerate the soup for up to 3 days, or freeze it for up to 3 months.

Scramble Flavor Booster: Serve it with hot pepper sauce, and stir in chopped fresh cilantro and thinly sliced scallions at the table.

Tip:

The canned beans and salsa make this dish higher in sodium than most Scramble meals. Occasionally eating meals that are high in sodium isn't a problem for most people, but if you are concerned, you can either use low-sodium canned products instead, or, to counteract the sodium, drink lots of water with lemon and/or eat bananas, as potassium balances out sodium in our systems.

SERVE WITH HOMEMADE PITA CHIPS & ORANGE SLICES

To make homemade pita chips, preheat the oven to 350 degrees. Cut 2 - 3 pita pockets in half, separating the tops from the bottoms, and cut each top and bottom into about 6 triangular wedges (like a pizza). In a medium bowl, toss the pita with 2 Tbsp. olive oil and ½ tsp. kosher salt (optional). Lay the pita wedges on a large baking sheet and bake them for 10 - 12 minutes until they start to brown.

Cut 3 - 6 oranges into wedges for serving.

Nutritional Information per serving (% based upon daily values)

Calories: 280; Total Fat: 3g, 4%; Saturated Fat: 0g, 0%; Cholesterol: 5mg, 2%; Sodium: 1,170mg, 49%; Total Carbohydrate: 50g, 17%; Dietary Fiber: 12g, 48%; Sugar: 8g; Protein: 13g

Nutritional Information per serving with sidedish (% based upon daily values)

(1/6 of pita chips & 1 orange)

Calories: 381; Total Fat: 5g, 8%; Saturated Fat: 0g, 0%; Cholesterol: 5mg, 2%; Sodium: 1,275mg, 53%; Total Carbohydrate: 69g, 24%; Dietary Fiber: 14g, 54%; Sugar: 14g; Protein: 16g