

# Southwest Baked Bean Soup



## Ingredients

398 mL	1 can beans in tomato sauce	14 oz
540 mL	1 can stewed tomatoes	19 oz
341 mL	1 can corn niblets, undrained	12 oz
250 mL	water	1 cup
5-7 mL	chili powder	1-1 ½ tsp
1 mL	oregano	1/4 tsp
1 mL	allspice or cumin (optional)	1/4 tsp
0.5 mL	cayenne (optional)	1/8 tsp
2	sliced green onions	2
125 mL	light sour cream or yogurt (optional)	½ cup

**Yield:** 4-6 servings

## Directions:

In a medium size saucepan combine beans in tomato sauce, tomatoes, corn, water, chili powder, oregano, allspice and cayenne. Bring to a boil; reduce heat and simmer about 10 minutes stirring occasionally. Taste and adjust seasonings. Spoon into serving bowls and sprinkle with green onions or top with a dollop of sour cream and garnish with green onions. Serve with nacho chips or whole grain bread and cheese for a complete meal.

## Nutrition information:

Per serving (1/4 recipe)	
Energy	196 kcal
Protein	8 g
Fat	1 g
Carbohydrates	46 g
Total Dietary Fibre	11 g
(6% Calories from Fats)	

**Source:** <http://ontariobean.com/recipe/south-west-baked-bean-soup/> Reprinted with permission from The Ontario Bean Growers.



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