



Southwestern Tomato & Pinto Bean Soup

- 2 corn tortillas
- 1 - 4 ½-ounce can chopped green chiles
- 2 - 15 ½-ounce cans pinto beans, rinsed if high sodium
- 2 teaspoons extra-virgin olive oil
- 1 medium onion chopped
- 2 cloves garlic, minced
- 3 cups vegetable broth or reduced-sodium chicken broth
- 1 - 14 ½-ounce can diced tomatoes, preferably fire-roasted (not drained)
- 1 teaspoon ground cumin
- 1/3 cup reduced-fat sour cream for garnish
- 2 tablespoons coarsely chopped fresh cilantro for garnish
- 2 limes, cut into wedges, for garnish

Preheat oven to 425 degrees. Stack tortillas and cut crosswise into thirds, then rotate 90 degrees and cut into ¼-inch-wide strips; scatter in a baking pan. Toast until browned and crisp, stirring once, about 10 minutes.

Mash 1 cup of beans in a small bowl with a fork.

Heat oil in a soup pot or Dutch oven over medium heat; add onion and cook, stirring often, until softened, 3 to 4 minutes. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add broth, tomatoes, cumin, green chiles, mashed and whole beans to the pot; bring just to a boil. Reduce heat to low and simmer, uncovered, for 10 minutes.

To serve, ladle the soup into bowls and garnish each serving with a dollop of sour cream, a sprinkling of cilantro, toasted tortilla strips and a lime wedge.

Serves 6

Per serving: 193 calories, 2 grams fat, 34 grams carbohydrate, 291 mg sodium, 0 mg cholesterol, 10 grams fiber

This recipe is from our “Cookbook of the Quarter,” *The Essential Eating Well Cookbook*, available at Barnes & Noble.

Even though a mere week ago we were experiencing the dog days of summer, I could not wait for cooler weather to share this wonderful soup recipe. The “Recipe of the Month” testers (my family) just raved about how delicious it was. Bon Appetit!

Your Partners in Health,
Candace and Laura