

Mexican black bean and corn soup

BY CHEF JULIE CODERRE | PHOTO: GUY BEAUPRÉ

Ingredients

- 30 ml (2 tablespoons) vegetable oil
- 1 onion finely diced
- 2 garlic cloves finely chopped
- 500 ml (2 cups) chicken broth
- 250 ml (1 cup) diced tomatoes, drained
- 500 ml (2 cups) black beans, rinsed and drained
- 250 ml (1 cup) corn
- 15 ml (1 tablespoon) chili powder
- Salt and pepper, to taste
- 60 ml (1/4 cup) sour cream, for garnish
- 250 ml (1 cup) grated cheddar, for garnish
- Fresh cilantro, chopped, for garnish

Preparation

- In a pot, heat the oil on medium heat and sauté the onion and garlic for 3 minutes.
- Add the chicken broth, tomatoes, black beans, corn and chili powder. Lower to medium heat and cook for 20 minutes. Add salt and pepper.
- Serve soup in bowls, and garnish with sour cream, cheddar and cilantro. Serve immediately.