

C's Black Bean & Tortilla Soup

Ingredients:

4 Cans Black Beans
2 Large Oranges
1 1/2 tsp. cumin, ground
1 tsp. chili powder
1 medium sweet (Maui) or Purple onion, sliced 1/2 inch lengthwise
1 green bell pepper, sliced 1/2 inch lengthwise
1 large can crushed tomatoes
1 large can tomato sauce
1 small package corn tortillas, using half, thinly slice

Directions:

1. In a small mesh colander, rinse TWO cans of beans well. Puree the TWO remaining cans in a blender.
2. Peel the oranges and add to the bean puree. Blend well. Set aside.
3. Spray a large, deep pot with Olive Oil or Canola Spray and saute the sliced onion and sliced bell peppers for 5 minutes over medium-high heat until both are tender. Reduce heat under the pot to low.
4. Add HALF the blender contents to the pot. Pour the tomato sauce into the blender and puree with the bean/orange mixture. Add to the pot.
5. Raise the heat to medium and add the crushed tomatoes, the rinsed beans and the seasoning. Mix well by hand. Cook uncovered for 10 minutes.
6. While the soup is cooking, slice half of the package of corn tortillas into thin strips. When the soup is cooked through, add the tortilla strips and cook, uncovered, approximately 5 - 10 minutes longer. If the soup is too thick, add more tomato sauce until it reaches your desired consistency.

3/4 cup = 2 units Carbs

1 cup = 3 units of Carbs

1 1/2 cup = 4 units of Carbs

2 cups = 5 units of Carbs