

Chicken Black Bean Soup

2 cans black beans- drained and rinsed
1 28 oz can diced tomatoes
1 ½ to 2 cups frozen corn kernels
3 cloves garlic –minced
2 tsp dried oregano
2 tsp cumin
1 jalapeno pepper -finely chopped
4 cups chicken broth

Mash half of the beans in a large pot. Add remaining ingredients and bring to boil over medium heat. Reduce and simmer uncovered for 10 minutes. Increase heat and add;

1 ½ to 2 cups cubed cooked chicken (can use fresh and increase cooking time)
Salt and freshly ground pepper to taste
¼ cup lime juice
Simmer 2-5 minutes.
Serve with sour cream and chopped fresh cilantro if desired.
Freezes well.

Barb Taylor

