

# Hearty Mexican Soup

**Makes:** 4 Servings

## Ingredients

- 1 onion (small, chopped)
- 4 **cloves** garlic (minced)
- 1 **can** tomatoes, diced (12-oz can, low sodium, drained and rinsed)
- 2 **cans** black beans (15-oz can, low sodium, drained and rinsed)
- 2 potatoes (large, peeled and diced)
- 4 **cups** water
- 1/2 **cup** cilantro (fresh, chopped)
- 1/2 lime (squeezed)
- 1 **pinch** cumin powder

## Directions

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.

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