



Black Bean Chili Soup

Would you like to 'sneak' more vegetables into your family's diet? This fast recipe can be a soup or chili, depending upon the amount of broth you add. The pureed cup of ingredients adds body to the soup/chili & no one will know just how many vegetables are making this soup taste so good.

It's a little zippy! Just add the amount of cayenne pepper that suits your taste. This is an easy vegetarian dinner for four.

Ingredients

1 tbsp olive oil
1/2 large white onion (chopped)
2 medium carrots
1 stalk celery (chopped)
1 cup vegetable broth
1 can black beans
8 oz. of fresh, frozen or canned corn
1 can diced tomatoes
1/3 cup rice

Seasonings

2 cloves garlic (minced)
1 can (4 oz.) diced green chilies
1/2 tsp chili powder
1 tsp cumin
1 tbsp dry chia
1/8 tsp cayenne pepper

This recipe just requires your stock pot, a can opener & your favorite chopping board & knife. In 30 minutes or so, it's dinner time!

In your stock pot, sauté in the olive oil the chopped onion & garlic. Add the black beans, celery, carrot (chopped into bite size rounds) and a small amount of the broth. Lower the heat on the stove, and remove about half of the contents & puree in your food processor. You can also use a blender for this step.

Return the pureed 'paste' to the stock pot. Add the remaining broth, corn, green chilies, rice & diced tomatoes. Stir to combine. Add the chili powder, chia & cumin. For soup, add another cup of broth. Simmer for about 10 to 12 minutes.

Taste your soup/chili, and decide if you'd like a dash of cayenne pepper to bring a little heat. Do remember that spices can 'grow' in heat throughout a meal, or if you plan to have leftovers for lunch. About an 1/8 of a teaspoon was hot enough for us, but we're not heat-seekers.



Interesting Sulfides

Both garlic & onions contain sulfides. These compounds are part of why these under-ground growing foods have the fragrant smells & strong flavors that they do. Sulfides have been shown in several studies to have anti stomach cancer properties. These same sulfides can also help to lower triglycerides, and reduce the clumping ability of platelets. (both of which can be beneficial for heart health)

Paying for quercetin supplements for the high anti-oxidant value?

You should know that simmering an onion in soup merely transfers the quercetin into the soup stock, and still preserves all of its benefits...if you eat all the soup.

Did You Know....