



FORKS OVER KNIVES®

Mexican Rice Soup | by Heather McDougall

Serves 4-6



1 medium onion, chopped
4 cloves garlic, minced
6 cups low-sodium vegetable stock
1 15-ounce can kidney beans
1 15-ounce can black beans
1 15-ounce can pinto beans
1 15-ounce can fire-roasted tomatoes
1 tablespoon chili powder
1 cup long grain rice, toasted*
Salt to taste

Toppings:

Chopped tomato

Sliced scallions

Salsa

Baked tortilla chips

Instructions:

In a large saucepan, saute onion and garlic in 1 tablespoon low-sodium vegetable stock or water over medium-high heat for 7 minutes. Add the rest of the ingredients, reduce heat to low and simmer for 25-30 minutes. Season to taste. Serve with toppings of your choice, or the ones listed above.

* Put the rice in a non-stick pan pre-heated to medium-high heat and stir constantly for about 5 minutes, or until rice is lightly browned.