



Makes 8 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

3 cups 1-inch pieces cleaned nopales (about 14 oz.) (see tip, below)

3 scallions

½ cup finely chopped onion

10 to 12 cloves garlic, minced

Freshly ground black pepper

2 cups chopped tomatoes

1 teaspoon dried Mexican oregano, crushed

1 15-oz. can black beans, rinsed and drained (1½ cups)

1 cup fresh or frozen corn

1 cup fresh or frozen green peas

Sea salt, to taste

Crushed red pepper (optional)

1 lemon, cut into thin wedges

Sopa de Nopales

When boiled, nopales (cactus) take on a viscous quality that works well in soups, allowing their flavor to meld with other ingredients without becoming mushy. This delicious soup adds sweet corn, hearty black beans, and juicy green peas to the mix so each bite is packed full of filling Southwestern flavors. Mexican oregano enhances the slurpable broth with savory undertones while a squeeze of lemon juice balances out the rich flavors with a pop of citrus. Enjoy as is, or serve with a side of homemade [corn tortillas](#) or [tortilla chips](#) to sop up any remaining broth. ¡Salud!

For more vegan Mexican recipes, check out these tasty ideas:

- [Vegan Chile Relleno](#)
- [Grilled Nopales Tacos](#)
- [4-Layer Enchilada Cakes](#)
- Or take a look at our full collection of [vegan Mexican recipes](#)

By Darshana Thacker Wendel

- 1** In a large saucepan combine nopales, two of the scallions, and 3 cups water. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until nopales turn dull olive green. Remove and discard scallions.
- 2** Meanwhile, in a large skillet cook onion, garlic, and a pinch black pepper over medium 10 minutes or until onion is translucent, adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add tomatoes and oregano; cook 5 to 7 minutes more or until tomatoes are tender.
- 3** Transfer sautéed vegetables to saucepan with nopales. Stir in beans, corn, peas, and 1 cup water. Season with salt and black pepper. Cook 10 minutes to blend flavors.
- 4** Meanwhile, thinly slice remaining scallion. Garnish soup with scallion and, if desired, crushed red pepper. Serve with lemon wedges.