Pomì
O Così. O Pomì.

Mexican Vegetable Soup



Preparation time: 45 min
Difficulty: Easy

Ingredients

- Bell pepper, diced: 1
- Black beans, rinsed and drained: 1 can
- Celery, diced: 2 stalks
- Chili powder* (or to taste): 1 tablespoon
- Cilantro, chopped: 1/4 cup
- Corn, fresh or frozen: 1 cup
- Cumin, toasted and ground: 2 teaspoons
- Garlic, chopped: 4 cloves
- Green beans, trimmed and cut into bite sized pieces: 1/2 pound
- Jalapeno chili, finely diced: 1
- Large carrots, diced: 2
- Lime juice: 1 tablespoon
- Onion, diced: 1
- Oregano: 1 tablespoon
- Quinoa, rinsed: 1/2 cup
- Salt and pepper: to taste
- Vegetable broth: 8 cups
- Vegetable oil: 1 tablespoon
- Zucchini, diced: 1

Preparation

Mexican vegetable soup is a classic, and with good reason; it's simple, tasty, satisfying, healthy and jam packed with vegetables! You can eat it as a appetizer or make a meal of it! The base of a good vegetable soup is a nice tomato broth and *Pomì tomatoes* make are a great fit! There are just so many vegetables in this soup! It starts out with onions, celery and carrots, followed by Pomì chopped tomatoes, bell pepper, green beans, zucchini and corn! Quinoa and black beans add protein and make this soup down right hearty! This vegetable soup has Mexican style flavours and ingredients which I can't get enough of! Cumin, oregano, lime juice, cilantro, and chili powder bring in those Mexican flavours along with some spicy heat. This Mexican style tomato vegetable soup hits the spot any time and it’s great topped with creamy avocado, crispy tortillas and a bit of crumbled cheese!

1. Heat the oil in a large sauce pan over medium-high heat, add the onions, celery, and carrots and cook until tender, about 7-10 minutes.
2. Add the jalapeno, garlic, chili powder, and cumin and cook until fragrant, about a minute.
3. Add the broth, **Pomì chopped tomatoes**, oregano, and quinoa, bring to a boil, reduce the heat and simmer until the quinoa is tender, about 20 minutes, adding the green beans, bell pepper, and zucchini after 10 minutes.
4. Add the black beans, corn, and lime juice, and season with salt and pepper to taste before removing from heat and serving garnished with cilantro.

Note: *I like to use ground chipotle chili pepper powder for the smokiness!
Note: If the soup is too sour add a teaspoon of sugar.
Option: Add cream, sour cream, or cream cheese for a creamy version!
Option: Serve topped with avocado, crumbled queso fresco (or feta), tortilla chips, lime wedges, jalapeno, etc.

Recipe by Kevin Lynch of closetcooking.com

For this recipe we used:

None 27 ounce

