

Recipe Name: Mexican Black Bean Corn Soup Recipe

Diet Type:

Course: Appetizer

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1 Onion - finely chopped	4
• 2 cloves Garlic - finely chopped	
• 2 cups Black beans - cooked/canned (reserve the liquid)	
• 1/3 cup Homemade tomato puree	
• 1/2 cup Sweet corn	
• 2 cups Vegetable stock - or water	
• 1/2 Carrot (Gajjar) - halved and sliced	
• 1 teaspoon Cumin powder (Jeera) - roasted	
• 1/2 Green zucchini - diced	
• 1 teaspoon Red Chilli powder	
• 1 Lemon juice	
• 1-2 tablespoons Pickled Jalapenos - sliced	
• 2 sprig Coriander (Dhania) Leaves	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• Extra Virgin Olive Oil - as needed	
• 1 Avocado - sliced as needed	
• 1 cup Sour cream - as needed	
• 4 Tortillas - as needed	

Preparation

- To begin with the Mexican Black Bean Corn Soup Recipe first, Blend 1 cup of beans in a mixer jar to a paste.
- and prepare all the ingredients required.
- Heat oil in a large saucepan, add garlic and sweat the onions with a pinch of salt to this add the carrots and 1 cup of vegetable stock and cook for 3-4 minutes.
- Now add the beans, sweet corn and zucchini and bring it to a boil.



- Add the pureed beans, tomato puree, cumin powder, chilli powder, jalapenos, remaining vegetable stock, reserved liquid from the can, lime juice and cook for 2-3 minutes until it returns to a boil.
- Season with salt and pepper, garnish with coriander leaves over the top.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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