

Roasted Corn and Black Bean Soup

Chef Jenn Magrey

Ledyard Market – January 18, 2020

1 Tbsp Olive Oil

1 medium yellow Onion, small dice

1 green pepper (or red) – small dice

2 Cloves Garlic, Minced

3 teaspoons Ground Cumin

1 Tbsp Chili Powder

1 teaspoon dried oregano

8 cups Vegetable Broth (or chicken broth)

2 - 15 Oz Cans Black Beans, rinsed and drained

14 Oz Can Diced Tomatoes

1 can Rotel (a tomato product with chili peppers)

1 bag of frozen corn – tossed with a little olive oil and roasted in a 425 degree oven for 25 minutes)

Can serve with toppings:

Avocado, Shredded Cheese. Sour Cream, hot sauce, Cilantro

Heat 1 Tbsp olive oil in Dutch Oven or any 4 qt soup pot over medium-high heat.

Add red onion and pepper. Cook till softened.

Add garlic, cumin, oregano and chili powder and cook, stirring for 1 minute.

Stir in vegetable broth, beans, tomatoes, and roasted corn.

Reduce heat to low and cook for 30-40 minutes. Taste for salt and pepper. Add if needed.

Serve with toppings if desired.