

Ingredients

1/2 cup dry brown rice	1 bay leaf
1 Tbsp water	1/4 tsp red pepper flakes
1 onion, chopped	2 Tbsp taco seasoning
1 cup grated carrots	1 can tomato paste (6 oz)
1 red pepper, chopped	1 can diced tomatoes with juice (15 oz)
3 cloves garlic, minced	1/4 cup parsley, chopped
1/2 tsp chili powder	2 tsp lime juice
1/2 tsp black pepper	1 tsp hot sauce to taste
4 cups vegetable stock no salt added	1/2 tsp salt to taste
2 cans black beans, rinsed and drained (15 oz)	
1 cup fresh or frozen corn kernels	

Instructions

Make rice according to package and set aside.

In a skillet on medium high heat, add 2 Tbsp water. When the water begins to sputter, add onions, carrots and bell peppers and sauté until soft. Add garlic, chili powder and black pepper and sauté for 1-2 minutes more.

Stir in vegetable stock, beans, corn, bay leaf, red pepper flakes, taco seasoning, tomato paste, diced tomatoes, parsley and lime juice.

Cover, and bring to a boil. Reduce heat to medium low and simmer 20-30 minutes. Serve with cooked rice.

Nutrition Information Per Serving

Serving Size: 1 cup soup

1/4 cup rice

Serves 6

Calories: 270

Fat: 1 gm

Sodium: 310 mg

Fiber: 11 gm

Carbohydrates: 54 gm

Protein: 12 gm

Sugar: 10 gm