

Taco Soup

Adapted from wellplated.com

Ingredients:

14 oz can black beans
14 oz can kidney beans
28 oz can crushed tomatoes
14 oz canned corn (or frozen)
4 oz can diced green chiles
8 oz vegetable stock or water
2 tablespoons chili powder
2 teaspoons dried parsley flakes
2 teaspoons ground cumin
 $\frac{3}{4}$ teaspoon dried oregano
 $\frac{3}{4}$ teaspoon garlic powder
 $\frac{3}{4}$ teaspoon onion powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground pepper

Directions:

Combine all ingredients in a large soup pot over medium heat. Stir to combine. Continue heating until warmed through. Add additional salt and pepper to taste. Serve hot with desired toppings (e.g. sour cream, cheese, tortilla chips, etc.)

Makes 6 servings