

Yummy Taco Soup

October 18, 2009 By Kristen Feola



Taco Soup

1 tablespoon extra-virgin olive oil
1/2 cup diced onion
4 cups Vegetable Broth or water
1 (14.5 ounce) can diced tomatoes
1 (15-ounce) can black beans, rinsed & drained
1 (15-ounce) can pinto beans, rinsed, drained, & mashed
1 (15-ounce) can corn, drained
1/2 cup dry polenta
1 tablespoon Taco Seasoning
1 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent. Add broth, tomatoes, black beans, mashed pinto beans, corn, polenta, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat, and cook 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- Substitute 1 1/2 cups cooked brown rice for polenta.
- Place corn in a food processor and pulse a few times for a cream-style texture.
- Use kidney beans instead of black or pinto beans.