



# Black Bean Tortilla Soup

**PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | SERVES: 4-6**

Busy weeknights call for soup meals, like this one that has something a little special that's spicy, crunchy, and fresh. Easy to make ahead and reheat.

## Ingredients

- 1 Tbsp. vegetable oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 2 tsp. smoked paprika
- 1 carton (32 oz.) reduced sodium or less sodium vegetable or chicken broth
- 1 can (15.25 oz.) no-salt-added whole kernel corn, drained
- 1 can (15 oz.) reduced-sodium black beans, rinsed and drained
- 1 can (14.5 oz.) diced tomatoes, not drained
- 1 can (4 oz.) diced green chilies, not drained
- Lightly crushed baked tortilla chips
- 1 lime, cut into wedges
- Topping Options: Cilantro, green onions, avocado, jalapeño, radishes, red onion, light sour cream or plain non-fat Greek yogurt, reduced-fat cheddar cheese

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## Instructions

1. Heat oil in a large saucepan over medium-high heat. Cook onion 3 minutes or until onion is soft. Add garlic and paprika; cook 30 seconds, stirring constantly.
2. Stir in broth, corn, beans, tomatoes, and chilies. Bring to a boil, reduce heat to medium-low; cook, uncovered, 10 to 15 minutes. Serve with tortilla chips, lime and choice of toppings.