

Savory Southwestern Soup



Ingredients

Directions

1/4 c.	Rice, uncooked	In a medium pot, combine rice, onion, tomatoes, water, & seasonings. Bring to a boil over medium-high heat. Reduce heat to low. Cover & simmer for 10 - 12 minutes. Add corn & beans, stir. Continue cooking for 2-3 minutes or until rice is tender. Scoop soup into bowl and serve. Optional: top with shredded cheese and diced avocado. Add shredded chicken, if desired.
1/2 c	Onion, diced	
1 can	Diced tomatoes (14.5 oz.)	
3 c.	Water (or chicken broth)	
1-2 tsp.	Garlic powder	
1-2 tsp.	Italian seasoning	
1/4 tsp.	Chili powder (optional)	
3/4 c.	Corn (1/2 can), drained & rinsed	
3/4 c.	Black beans (1/2 can), drained & rinsed	
To taste	Salt & Pepper	

Prep: 10 mins.

Cook: 15 mins.

Makes: 5 cups (4 - 1 1/4 c servings)

Nutrition Facts	
4 servings per container	
Serving size	1 1/4 c.
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Great source of
Vitamin C & Fiber!*



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