



FROM: DOUG & CARMEN  
RODGERS

## TORTILLA SOUP



- 1 teaspoon minced garlic (or more)
  - 1 onion, chopped
  - chopped carrots and celery (as much as you want)
  - 2 teaspoons chili powder (more if you like)
  - 1 teaspoon cumin, pepper, and salt
  - 6 cups water
  - 2 bouillon cubes
  - 1 8 oz can of tomato sauce
  - 1 - 2 cans of kidney, pinto or black beans
- grated cheddar cheese and tortilla chips

Saute onions, garlic, carrots and celery in small amount of oil till tender. Add water, tomato sauce, spices and bouillon. Bring to a boil for 15 minutes. Add drained beans and heat to a boil. In individual bowls, place a handful of tortilla chips, top these with cheese. Pour hot soup over these and dot with cheese if desired. Add salsa or hot sauce to taste.

This soup is good for dieting too! Just limit your beans, chips and cheese to control the calories. Add all the vegetables you want! I've even added shredded cabbage and often don't have celery. Can be frozen too, without chips and cheese.

