



Category (Soups)

## Black and White Mexican Bean Soup

Submitted by (Donna Craven)

<p><b><u>Recipe</u></b></p> <p>I like the idea that all ingredients can be in my food storage and easy and quick to make in case company drops in.</p> <ul style="list-style-type: none"> <li>1 tablespoon Vegetable oil</li> <li>1 cup chopped white onion</li> <li>1 clove garlic, minced or ½ tsp bottled garlic</li> <li>¼ cup flour</li> <li>1 package taco seasoning</li> <li>2 cups milk</li> <li>1 can (14 oz) chicken broth</li> <li>1 package (16 oz) frozen corn</li> <li>1 can great Northern Beans</li> <li>1 can (15 oz) black beans, rinsed and drained</li> <li>1 can (4 oz) diced green chilies.</li> </ul> <p>Heat oil in large pan over med-high heat. Add onion and garlic; cook until onion is tender. Stir in flour and taco seasoning mix; Add remaining ingredients. Bring to a boil, stirring constantly. Reduce heat to low; simmer for 15 minutes or until thickened, stirring occasionally. Stir in fresh cilantro for a fresh touch. Makes 6 servings. Freezes well</p>	<p><b><u>Grocery List</u></b></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><b><u>Side dish</u></b></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><b><u>Tips/Helpful hints</u></b></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>