Mexican Rice Soup

Since this is such a thick soup, I like to have this rolled up in a tortilla for leftovers the next day. This recipe also lends itself well to using different ingredients that you have on hand. Switch up the beans, use some roasted corn, or add some kale. If you don't want it to be so thick, add some additional stock or water. Enjoy with the topping of your choice. We like chopped tomatoes, sliced scallions, salsa, and baked tortilla chips.

From drmcdougall.com.

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By

Serves 6
Preparation Time: 45 minutes
Cook Time: 45 minutes

INGREDIENTS:

1 medium onion, chopped

4 cloves garlic, minced

6 cups low-sodium vegetable stock

1 15-ounce can kidney beans, drained and rinsed

1 15-ounce can black beans drained and rinsed

1 15-ounce can pinto beans drained and rinsed

1 15-ounce can fire-roasted tomatoes

1 tablespoon chili powder

1 cup long–grain brown rice, toasted (see note)

Salt to taste

1. In a large saucepan, sauté the onion and garlic in 1 tablespoon low-sodium vegetable stock or water over medium-high heat for 7 minutes.

2. Add the rest of the ingredients, reduce heat to low, and simmer for 25-30 minutes.

3. Season to taste.

4. Serve with toppings of your choice, or the ones listed above.

   Note: To toast the rice, put the uncooked grain in a nonstick pan preheated to medium-high and stir constantly for about 5 minutes, or until it is lightly browned.