



Nacho Corn Soup

Chef Kathryn Bari-Petritis

Ingredients:

- 6-8 ripe plum tomatoes cut in ½ inch slices, no seeds
- 1 onion, cut into ½ inch slices
- ½ big Spanish onion or 1 sm., chopped small
- 2 carrots, chopped small
- 3 celery stalks, chopped small
- 1 red pepper, quartered lengthwise
- 1 jalapeno pepper, seeded and quartered lengthwise
- 3 garlic cloves
- 1 tablespoon virgin olive oil for sautéing
- 2 cups chicken broth
- ¼ cup water
- 1 can 15-16 ounce whole tomatoes or crushed
- 2 (14 oz.) cans black beans, or cook from scratch, 1 1/2 uncooked
- 2 cups corn kernels (fresh or organic frozen)
- 1 cup cilantro, chopped, save ¼ for garnish
- ½ cup scallions, white & green, chopped
- 2 teas. Tamari (wheat free soy sauce)
- ¼ cup lime juice
- 1 teas. Cumin & Coriander and red chili powder

Procedure:

1. Preheat broiler (high heat), in a roasting pan, place the tomato slices, onion slices, bell pepper slices, jalapeno slices and garlic cloves. Broil for 6-7 mins. each side or until nicely charred. Remove, let cool, then puree in blender.
2. In a larger pot sauté chopped onion until golden, add spices, stir or 2 mins. then add carrots and celery and a ¼ cup of water. Add can of tomatoes and cook 15 mins. more (first bring to a boil and then simmer), stirring often
3. Add to pot cooked beans, puree mixture, tamari, broth and cilantro, cook 10 mins more, on simmer
4. Remove from heat, cool slightly, and then puree half the soup again in blender. Return mixture to pot then add the corn, lime juice, salt and pepper, adjust seasonings. (if adding more chili powder, must cook 10 mins. more) Adjust salt and pepper and lime. Garnish with scallions and more cilantro