**Presto Black Bean Soup**

If using a blender or food processor, ensure that lid is snugly fitting and only blend 250 mL at a time, or the hot soup will burst out of the container.

7 mL oil

½ onion, peeled and chopped

1 clove of garlic, minced

2 mL EACH chili powder, oregano and cumin

1 jalapeno pepper, seeded and minced (optional)

398 mL diced canned tomatoes

398 mL canned black beans, drained and rinsed

175 mL chicken or vegetable stock (= 175 mL water & 1 oxo packet)

125 mL corn kernels (fresh, canned or frozen)

30 mL cilantro

1 lime, juiced

 Sour cream for garnish

1. In a large pot, heat oil over medium-high heat. Add onion and cook until softened, about 5 minutes.
2. Add garlic and seasonings and cook for 2 minutes or until aromatic.
3. Add tomatoes, beans and stock. Bring mixture to a boil; reduce heat to medium and cook, stirring often, for 5minutes.
4. Using a stick blend, blender or food processor, puree soup to desired consistency. *Remember only puree 250 mL of soup at a time.*
5. Return to pot, add corn, cilantro and lime juice. Cook for 1 minute.
6. Taste and adjust seasonings. Serve with sour cream, if desired.