

Julie's Quick and Easy Black Bean Soup

Serves 3-4

Ingredients:

- 1 can (19 oz) black beans
- 1 can (28 oz) diced tomatoes
- 1 can (12 oz) of corn or approx. 1 cup frozen corn
- 1 tablespoon olive oil
- 1 teaspoon of basil or to taste
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon white sugar (to mellow out the acidity in the tomatoes)

Method:

1. Drain and rinse beans and canned corn.
2. In a medium sized pot combine diced tomatoes, rinsed black beans and corn.
3. Add olive oil, spices and sugar.
4. Warm gently over medium heat stirring and simmering for about 10 minutes.
6. Enjoy!

