

RECIPES

Easy and Delicious Bean Soup

An amazingly easy soup that is delicious and real Mexican

Who would have thought that dish like this that's made mostly with canned ingredients could be as good as it is? Certainly not me, at least not until I watched the cook in Mexico City make it and then tried it, after which I was a believer! Since then I have made a few changes, mostly to use ingredients readily available in this country. One of the advantages of this dish is that you can make numerous changes to suit yourself. For example, leave out the chorizo and add some chopped leftover beef, chicken, or pork—or nothing. I like it with either black or pinto beans, but feel free to use just about any other kind. And if you don't have ancho chile powder, use whatever you want, or add some salsa or some chopped fresh chiles while cooking the onion. The same applies to the final additions at serving: use pretty much whatever you want or nothing at all!



Ingredients

1 tablespoon extra virgin olive oil
3 ounces chorizo
2 cups chopped white onion
4 cloves garlic, minced
1 cup finely chopped zucchini
1 tablespoon pure ancho chile powder
1 teaspoon oregano
2- 15 ounce cans black beans, pinto beans, or other beans, including juice from the cans
1 quart unsalted chicken broth
1 14.5 ounce can diced fire-roasted tomatoes
1 tablespoon rice vinegar
1/3 cup loosely packed chopped cilantro
1/4 cup grated Chihuahua, mozzarella, Monterey Jack, or mild cheddar cheese per serving
Chopped avocado

Sour cream

1 tablespoon finely grated cotija cheese per serving

Lime wedges

Directions

1. Cook the chorizo and soften the onion and garlic. In a 6-quart pot, heat the olive oil over medium heat and add the chorizo until it begins to render its fat. Add the onions, and continue cooking, stirring frequently, until it is soft, about 5 minutes. Add the garlic and continue cooking for 2 minutes.

2. Finish the soup. Add the zucchini and the chile powder, and cook, stirring constantly, until the powder is cooked through, about 1 minute. Add the oregano, beans, broth, tomatoes, and vinegar, bring to a boil, and then cook at a medium to low simmer for 15 minutes, stirring from time to time. Add the cilantro and cook another minute.

3. Serve the soup. To serve the soup, put about $\frac{1}{4}$ cup grated cheese in each serving bowl, pour in soup, top with avocado, a dollop of sour cream, sprinkle on cotija cheese, and serve with lime wedges on the side.