

Recipe of Vegetable Soup

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Below is vegetable soup recipe.

Vegetable Soup Ingredients :

- 1-1/4 cups pinto beans, soaked overnight and drained
- 1 bay leaf
- 1 lb. tomatoes, fresh or canned, peeled, seeded, and chopped; juice reserved

- 1 tsp. Salt
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 4 ears corn (about 2 cups kernels)
- 2 yellow onions, cut 1/4 inch squares
- 8 ozs. green beans, cut into 1-inch lengths
- 2 tbsp. corn or vegetable oil
- 1 lb. mixed summer squash
- 2 ancho chilies
- 4 ozs. jack or muenster cheese, grated
- 1/2 tsp. ground coriander
- 2 cloves garlic, finely chopped
- 2 tbsp. red chili powder, or more to taste
- Whole cilantro leaves for garnish
- 1/2 bunch cilantro leaves, roughly chopped

Vegetable Soup Methods :

- Cook the pre-soaked beans for about 1 to 2 hours in plenty of water with the salt, bay leaf and oregano
- Remove them from the heat when they are soft but not mushy, as they will continue to cook in the stew
- Drain the beans, and save the broth. Prepare the tomatoes. Open the chili pods and remove the seeds and veins; then cut the chilies into narrow strips
- Cut the squash into large pieces. Shave the kernels from the corn
- Heat the oil in a large skillet, and saute the onions over high heat for 1 to 2 minutes
- Lower the heat, add the garlic, chili powder, cumin and coriander and stir everything together. Add a little bean broth, so the chili doesn't stew for 5 minutes
- Stir in the squash, corn, green beans, and chili strips along with the cooked beans and enough broth to make a fairly wet stew
- Cook slowly until the vegetables are done, about 15 or 20 minutes
- Taste the stew and adjust the seasoning. Stir in the cheese and chopped cilantro, and garnish with whole leaves of cilantro