

Joe's Tortilla Soup

1 tbl Olive oil
1 large White Onion chopped
4 cloves Garlic chopped
1 to 2 Jalapenos Peppers
1 tsp Chile powder
1 tsp cumin
14 oz can chopped tomatoes
32 oz stock (Chicken or Vegetable)
14 oz can Yellow corn (or Hominy) with liquid
14 oz can Pinto or Black or Chili beans with liquid

Tortilla chips low sodium
Avocados
Radishes
Queso Fresco Crumbled
Cilantro (optional)
Lemon or lime wedges

In a large pot add the oil and saute the onions, garlic, and pepper till soft add the dry spices and cook one minute. Add the canned tomatoes, beans, corn and stock; bring to a boil, reduce heat and simmer for 30 minutes.

Place a handful of tortilla chips, a few slices of avocado, a few slices of radish, 2 oz of Queso Fresco and a small bunch of Cilantro in a bowl. Pour two generous ladles of soup over the top and add a squeeze of lemon or lime and serve