

MEXICAN RICE SOUP

Recipe Adapted from: [Forks Over Knives](#)

Serves: 6

ingredients

1 medium onion, diced
4 cloves garlic, minced
6 cups low-sodium vegetable broth
1, 15 ounce can low-sodium black beans
1, 15 ounce can low-sodium kidney beans
1, 15 ounce can low-sodium pinto beans
1, 15 ounce can no-salt added petite diced tomatoes
1 tablespoon chili powder
1 cup brown rice*
Salt and pepper, to taste



Recommended accompaniments:

Lime wedges
Baked tortilla chips
Cilantro

directions

Heat a large saucepan to medium-high heat. When hot, add the diced onion and minced garlic. Saute for 7-10 minutes, or until onion is translucent. If onion and garlic start to stick, add 1 tablespoon of water or vegetable broth at a time, as needed.

Next, add the remaining ingredients. Stir. Bring mixture to a boil. Reduce heat to low/simmer and cook for



25-30 minutes, until rice is cooked. Season with salt and pepper, if needed, to taste.

Serve with toppings of your choice. Enjoy!

Tip: This dish is easy to make in large batches and freeze for future meals!

*I prefer [short grain brown rice](#)

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