

# FRiday Community Cooking Night

## Guatemalan Style Vegetable Soup

Fri 3/26 at **4:00pm** on Facebook Live **@FoodRightInc**

### Bring these things to the lesson:

#### Soup Ingredients

- 3 Tablespoons canola oil
- 1 medium onion, chopped
- 1 medium carrot, peeled & chopped
- 1 small green bell pepper, chopped
- 2 Roma tomatoes, seeded & diced
- 1 cup corn
- 2 cloves of garlic, minced
- 1 teaspoon cumin
- 1 (15 oz.) can black beans, drained & rinsed
- 2 Tablespoons lime juice (about 1 lime)
- 1 Jalapeno pepper, seeded & sliced into rings
- 4 cups vegetable stock
- 1 teaspoon salt
- 1/2 teaspoon black pepper

#### Garnish

- 1/4 cup cilantro, minced



#### Cooking Equipment

- Can opener
- Chef's knife or paring knife
- Colander
- Cutting board
- Dry measuring cups
- Hot mitts
- Stove
- Ladle
- Large pot & lid
- Liquid measuring cup
- Measuring spoons
- Prep bowls (optional)
- Scissors (optional)
- Spatula for sautéing
- Spoon for de-seeding

## Directions

1. Heat oil in a large pot over medium-high heat. Add onion, carrot, green bell pepper, celery, black pepper, and salt. Sauté until onions are soft (about 5 minutes).
2. Add garlic and jalapeño. Sauté another 30 seconds. Add soup stock and bring to a boil.
3. Add tomatoes and beans; continue to simmer for 5 minutes.
4. Stir in corn and cook for another 2-3 minutes.
5. Turn off heat and add lime juice. Taste and adjust seasoning.
6. Garnish with cilantro and serve. Enjoy!

