



FAST. EASY. FRESH.

# SPICY BLACK BEAN AND CORN SOUP WITH AVOCADO, CILANTRO & PITA CHIPS

**1.** Preheat your oven to 400°F. Cut the **pitas** into 16 triangles, brush with **olive oil**, then sprinkle with the **coarse sea salt** and ½ tsp. **black pepper**. Bake in the oven for 5-7 minutes. Remove and set aside.

**2.** Meanwhile, peel and mince your **garlic**. Then peel and finely dice the **shallots**. Next, wash and de-seed the **jalapeños**, then mince. Cut the **corn** kernels off the cobs.

**3.** Strain and rinse the **black beans**, then cut your **avocado** in half, remove the core, scoop out the flesh (best way is to use a soup spoon) and slice it. Chop half the **cilantro** finely and reserve the remaining sprigs for garnish.

**4.** In a medium pot, heat the **canola oil**. Add your garlic, shallot, and jalapeños, then sweat for 2-3 minutes. Add the **tomato paste** and cook for 1 minute.

**5.** Next, add 3 cups of the **vegetable stock** (or add all of it for a slightly thinner soup!), **tomato sauce**, corn, black beans, and the chopped cilantro. Bring to a simmer, then season to taste with **sea salt**.

**6.** To serve, portion the soup into bowls. Top with sliced avocado, a few of the fresh cilantro sprigs, and a dollop of **sour cream**. Serve alongside the pita chips. Enjoy!

## Ingredients (4 Person Serving – 715 Calories Per Serving)

Canola Oil	2 Tbsp.	Corn on the Cob	2
Shallots	2	Avocado	1
Garlic	2 Cloves	Cilantro	40 g
Jalapeños	2	Sea Salt	To Taste
Tomato Paste	2 Tbsp.	Sour Cream	4 Tbsp.
Tomato Sauce	1 Cup	Pita Bread	2
Vegetable Stock	3 Cups	Coarse Sea Salt	½ tsp.
Black Beans	2 540 ml Can	Black Pepper	½ tsp.
		Olive Oil	2 Tbsp.



# 25

Minute  
Cook  
Time!