

# Easy Mexican Bean Soup

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bean-soup-recipe-jamie-oliver>

## Ingredients:

- 2 cups beans cooked, or 1 can, drained and rinsed
- 2 cups stock your awesome
- 1 chipotle in adobo de-stemmed and de-seeded
- 1 teaspoon Mexican oregano
- 1/2 teaspoon cumin optional
- freshly cracked black pepper
- 1/2 teaspoon salt plus more to taste after blending
- 2 cups beans cooked, or a 15 oz. can
- 2 cups stock
- 1/2 onion
- 2 garlic cloves
- 3 plum tomatoes
- 1 chipotle in adobo
- 1 teaspoon Mexican oregano
- 1/2 teaspoon cumin optional
- 1/2 teaspoon salt plus more to taste
- freshly cracked black pepper
- olive oil
- Mexican crema
- lime squeeze of
- freshly chopped cilantro

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 10 grams
6. Protein: 18 grams

7. SaturatedFat: 3 grams
  8. Sodium: 1530 milligrams
  9. Sugar: 19 grams
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