

# Southwestern Soup

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-southwestern-soup-recipe>

## Ingredients:

- 1 tablespoon neutral oil vegetable, canola, etc., or ¼ cup of water
- 1 red onion or small yellow, diced
- 1 green bell pepper or small red, diced
- 1 medium zucchini diced
- 3 garlic cloves diced
- 7 cups water
- 3 cubes vegetable bouillon see method
- 15 ounces black beans or any kind of bean, drained
- 15 ounces cannellini beans or any kind of bean, drained
- 14 1/2 ounces diced tomatoes in their juices
- 15 1/4 ounces corn kernels drained
- 1/2 tablespoon ground cumin
- 1/2 cup vegan cheddar shreds, optional
- 1 large avocado diced, optional
- hot sauce optional
- tortilla chips for garnish, optional

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 14 grams
6. Protein: 43 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1980 milligrams
9. Sugar: 15 grams

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