

McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: www.drmcdougall.com.

Lesson 7: Mexi Soup

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 30 minutes

1 onion, chopped
1/3 cup water
1 28 ounce can crushed tomatoes
1 15 ounce can kidney beans, undrained
1 15 ounce can garbanzo beans, undrained
1 16 ounce can creamed corn
1 cup vegetable broth
1 8 ounce can tomato sauce
1 tablespoon taco seasoning
several dashes Tabasco sauce

Place the onion and water in a large soup pot. Cook, stirring occasionally for 4 minutes. Add remaining ingredients, bring to a boil, cover and simmer for 25 minutes.

RECIPE HINT: Taco seasoning mixes can be found in most supermarkets and natural food stores. The brand I use is Bearitos. This is a spicy, thick soup, hearty enough for a filling dinner with a loaf of bread.