

Creamy Enchilada Soup (makes about 6 servings)



Ingredients:

1 Tbsp canola oil
3 Cloves garlic, minced
1 Onion, chopped
1 Red pepper, chopped
2 Cups sweet potato, peeled and chopped
1-2 Tbsp chili powder
1 Tsp dried oregano and cumin
¼ Tsp salt
¼ Cup tomato paste
28 oz can diced tomatoes with juice
19 oz can of black beans, rinsed and drained
2 Tbsp whole wheat flour
1 Cup water
1.5 Cups frozen kernel corn, thawed
2.5 Cups milk
1 1/4 Cup Monterey jack cheddar, shredded

Optional garnishes: fresh cilantro, lime juice, jalapeno diced

Directions:

1. In a large pot, add oil, garlic, onion, red pepper, sweet potato, chili powder, oregano, cumin, and salt; cook, stirring continuously for 5 min.
2. Stir in tomato paste to coat. Stir in tomatoes, beans, and water. Cover and bring to a simmer. Reduce heat, and simmer gently for 10 minutes or until sweet potatoes are tender.
3. Remove 2 cups of the soup and puree until smooth; return to pot. Stir in corn and bring to a simmer. In medium bowl whisk flour into milk; gradually pour into pot while whisking constantly.
4. Cook, stirring often, for 5 minutes or until slightly thickened. Remove from heat; stir in ½ cup of the cheddar cheese until melted.
5. Ladle soup into bowls. Sprinkle with jalapeno, remaining cheese, cilantro (if using), and lime juice (if using).

Recipe from:

Nutrition Month 2022 Recipe e-book

Carbohydrate for 1 bowl of soup: 51 g of carbohydrate, 8 g fiber so 43 g of available carbohydrate per serving.