

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Red Bean Soup *(Makes 8 servings.)*

### Ingredients

- 2 c. dry red beans (rinsed and soaked)
- 1 can no salt added diced tomatoes
- 1 bag (10-oz.) frozen chopped onion and bell pepper mix
- 1 can no salt added corn
- 1 tsp. salt
- 1 Tbsp. cumin
- 1 Tbsp. chili powder
- 1 Tbsp. chopped garlic (about 3 cloves)

### Directions:

1. In soup pot with a lid, mix all ingredients together. Over medium-high heat, bring to a boil.
  2. Reduce heat to medium-low, cover, and simmer 1-2 hours, or until beans are tender.
  3. If using a slow cooker, cook on low for 6-8 hours, or until beans are tender.
- TIP: Try with other dry beans, such as pinto or black beans.

Nutrition info: Serving size: 1 cup, Calories 224, Fat 1g, Protein 12g, Carbohydrate 43g, Fiber 10g, Sodium 335mg.

*Recipe developed by UAEX SNAP-Ed.*

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