

# Zesty Tex-Mex Soup

Vital Vittles Cookbook by Heather Leno

1 large onion, chopped  
1 t. olive oil

**SAUTÉ** using a little water if necessary.

2 cans (15 oz.) black beans  
with liquid  
1 small pkg. frozen corn  
1 can (14 oz.) Mexican Style  
chopped tomatoes  
1¼ c. hot water  
3 bay leaves  
2 t. Chicken-like Seasoning  
2 t. taco seasoning  
1 t. bottled garlic

**COMBINE** with onions.  
**SIMMER** to blend flavors.  
**REMOVE** bay leaves.  
**GARNISH** with green onion.

*This makes a quick meal.  
Serve with baked taco chips  
And fresh veggies.*