

Rachel Ray's Smoky Black Bean & Rice Stoup



Ingredients:

2 Tbsp. olive oil
3 bacon slices, chopped
1 bay leaf
2 celery ribs, chopped
1 medium onion, chopped
4 garlic cloves, crushed
1 cup frozen corn kernels
2 15 ounce cans of black beans
1 Tbsp ground coriander
1 Tbsp. ground cumin
1 Tbsp chili powder
1 1/2 tsp. ground cumin
1 Tbsp Worcestershire sauce
2 tsp hot sauce
salt and pepper to taste
1 15 ounce can of diced fire-roasted tomatoes
1 8 ounce can tomato sauce
1 quart chicken stock
1 cup rice

Method:

- 1.) Heat oil in a medium sized soup pot.
- 2.) Add bacon and cook for 3-4 minutes
- 3.) Add the bay leaf, celery, onions and garlic and cook for 3-4 minutes to soften them
- 4.) Add corn and 1 can of black beans. Drain the other can and add half of that can, mash the remaining beans with a fork to make a paste out of them, then scrape them into the soup pot (makes for thicker soup)
- 5.) Season the veggies and beans with coriander, chili, group cumin, Worcestershire and hot sauce.
- 6.) Season the mixture with salt and pepper to taste.
- 7.) Stir in tomatoes, tomato sauce and stock, then cover pot and raise heat to bring to a boil.
- 8.) Add the rice and cook over a rolling simmer until rice is tender (about 15 minutes)
- 9.) Serve with lime tortilla chips and garnish with sour cream & chives!