

Garlicky Mango Soup

2 Tbs. butter or margarine
½ cup chopped onion
8 cups vegetable stock or
canned broth
15-oz. can black beans, drained
and rinsed
9-oz. pkg. frozen corn kernels
3 cloves garlic, minced
1 Tbs. chili powder
1 tsp. dried oregano
1 cup sun-dried tomato halves
4-oz. can chopped green chilies
2 ripe large mangoes, peeled and
thickly sliced
2 tsp. sugar
Salt and freshly ground black pepper
to taste

In a large pot, melt butter over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add stock, beans, corn, garlic, chili powder and oregano. Bring to a boil. Reduce heat and simmer, partially covered, 30 minutes.

Meanwhile, put sun-dried tomatoes into a small bowl and pour boiling water over them. Let stand 15 minutes. Drain and cut tomatoes into strips. Add tomato strips and green chilies to pot. Simmer 10 to 15 minutes.

Preheat broiler. Place mango slices on broiler pan sprayed with non-stick spray. Sprinkle with sugar and freshly-ground pepper and broil for 3 to 5 minutes. Remove from broiler, slice into julienne strips and add to soup. Add salt and pepper to taste.

6 servings

Per serving: 240 calories; 7g protein; 5g fat (2g saturated fat); 49g carbohydrate; 0mg cholesterol; 709mg sodium; 7g fiber

Source: *Vegetarian Times* October 1997