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Lentil Tortilla Soup

Serves:6 (1.5 cups each)	Calories per serving: 272
Prep time: 15 minutes	Cook time:45 minutes
1 onion 1 bell pepper 1 jalapeño 1 cup canned, frozen or fresh corn 1 tbsp oil	Step 1: Dice the onion, bell pepper and the jalapeño (remove seeds if you don't like spicy). Bring a large pot to medium heat and add a drizzle of your favorite cooking oil. Sauté your onion until the edges are golden, then add your bell pepper, jalapeño, and corn. Cook until peppers are tender, approx. 5 minutes.
15 oz can black beans 15 oz can pinto beans	Step 2: Drain and rinse beans. Add to the pan with peppers and onion.
2.5 cups vegetable broth 15 oz can crushed tomatoes 1/2 cup salsa verde 1 TBSP tomato paste 3/4 cup dried red lentils 1/2 tsp chili powder 1/2 tsp garlic powder 1/2 tsp cumin 1/4 tsp cayenne pepper	Step 3: Add the broth, tomatoes, salsa, tomato paste, lentils, and spices. Bring to a boil and, once boiling, reduce heat to medium-low and simmer, covered, for 25-30 minutes. You may need to add more broth or water depending on thickness. Taste and season with more salt if needed.
Optional: cheese, tortilla chips, sour cream, cilantro	To serve, top with your choice of sour cream, cheese tortilla chips, chopped cilantro.
Equipment needed: cutting boards, knives, burner, stockpot, wooden spoon, colander, liquid measuring cup, measuring cups/spoons, can opener	