

## Recipe of the Week

January 15, 2019



### Solas soup

Here's a delicious and hearty soup recipe that's perfect for those cold winter nights in by the fireplace.

#### Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen bell pepper strips
- Black pepper to taste
- 1 cup sweet white corn
- 1 (16 ounce) jar medium-hot salsa
- 1 teaspoon chili powder
- 2 (15 ounce) cans no-salt-added black beans, rinsed
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (10.5 ounce) can chicken stock
- 1 cube chicken bouillon
- 3 cups water
- ½ cup uncooked long grain rice

#### Directions

1. Heat the olive oil in a deep pot over medium-high heat. Stir in the onion, garlic and bell peppers; cook until onions are transparent, and peppers are soft, about 10 minutes. Season to taste with black pepper.
2. Stir in the corn, salsa, chili powder, black beans, black-eyed peas, chicken stock, chicken bouillon cube, water and rice.
3. Bring to a boil, then reduce heat to medium and simmer at least 30 minutes until the rice is tender.

Recipe adapted from All Recipes