



TORTILLA SOUP

SERVINGS: 8 | PREP TIME: | COOK TIME: 15 MINS

- Cook the brown rice according to directions on the box.
- In a large stock pot, combine all ingredients (except optional toppings) and let simmer over medium-low heat for at least 15 minutes (but longer is fine).
- Serve warm with preferred optional toppings.
- FREEZER MEAL INSTRUCTIONS

To freeze*: Combine the broth and refried beans in a large pot. Whisk until smooth. Then add in all other ingredients and stir. Carefully ladle the soup into freezer bags or containers and seal BEFORE cooking. (Hint: It helps to have one person hold the bag and another ladle the soup. Make sure the bags seal completely.) Freeze until ready to use. Or, another option is to cook the soup fully, cool it and freeze for later.

To Prepare: Thaw in the refrigerator or using the defrost setting on the microwave. Cook on stove top according to directions. (Note: If soup is fully cooked, then warm gently over low heat on stove top or in Crock-Pot.)

* Unlike the rest of our freezer meal recipe collection, this one makes a double portion or provides two 4-serving meals for the freezer meal party.

- 1 (32-ounce) box chicken or vegetable stock
- 1 (15-ounce) can refried beans
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can petite diced tomatoes (juice and all)
- 1 (4-ounce) can diced green chiles
- 1 (15-ounce) can of corn, drained
- 1 cup cooked instant brown rice
- 1 cup salsa
- 2 TBSP. all-natural taco seasoning mix (either make your own or use a store-bought packet)
- Optional toppings: shredded cheddar cheese, jalapeños, sour cream or plain Greek yogurt, crushed tortilla chips