

# RED BEAN AND QUINOA TORTILLA SOUP

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomatoes, cored	6 ea.
Garlic clove, unpeeled	2 ea.
Guajillo chile, stemmed, seeded	½ oz.
Canola oil	1 oz.
Quinoa, rinsed, drained well	½ cup
Cumin seeds, coarsely ground	1 tsp.
Onion, diced	2 cups
Poblano pepper, stemmed, seeded small dice	1 cup
Garlic, minced	1 Tbsp.
Vegetable stock	2 qts.
Kidney beans, canned, drained, rinsed 15 oz. can	1 ea.
Corn kernels	1 cup
Salt	as needed
Ground black pepper	as needed
 <i>Garnish</i>	
Quinoa or tortilla chips	1 cup
Avocado, diced	½ cup
Cilantro, chopped	2 Tbsp.
Lime wedges	as needed

## **Method**

1. Lay the tomatoes and garlic on a baking sheet and place about 4 inches below a very hot broiler. Roast until the garlic is soft, and the tomatoes have blistered and blackened all over. Remove the peels and place in a bowl.
2. Toast the chiles slightly in a pan.. Transfer the roasted chiles to a bowl, cover with boiling water. Soak the chiles for 15 minutes or until tender, remove from the liquid.
3. In a blender, puree the tomatoes, garlic cloves and chiles until smooth. Set aside.
4. Heat a large saucepot over medium heat. Add the oil and quinoa. Cook, stirring periodically until the quinoa has toasted. Add the cumin, onions, poblano pepper, minced garlic and a pinch of salt. Cook until aromatic.
5. Add the pureed tomato mixture. The mixture should sizzle and reduce.
6. Add the stock and bring to a simmer. Let cook for 20 minutes or until the flavors meld.
7. Add the beans and corn and bring to a low simmer. Cook 5 minutes. Adjust seasoning with salt and pepper.
8. *To Serve:* Pour the soup in a bowl and garnish with quinoa chips, avocados, and cilantro. Serve with lime wedges on the side.

Source: As presented to The Culinary Institute of America and Northarvest Bean Growers  
by Chef Toni Sakaguchi. 2020.