

## **Mexican Vegetable Soup with Lime and Avocado**

Serves four to six.

### **Ingredients**

1 tablespoon light olive oil  
1 medium red onion, finely diced ...  
2 cloves of garlic, finely chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
2 carrots, cut into 1/4-inch-rounds  
8 ounces green beans, tipped and cut into 1 inch pieces  
2 medium tomatoes, peeled, seeded, and chopped  
6 cups of veg stock  
1/4 cup cooked hominy  
2 teaspoons chilpotle chilies, minced  
1 avocado, peeled and sliced cilantro leaves, for garnish  
6 wedges lime

Directions - Warm the oil in a soup pot, add onion, garlic, oregano, and salt, and cook over medium-low heat until the onion softens.- Add the carrots, beans, and tomatoes; pour in the heated stock and simmer.- After 20 minutes add the hominy and then gradually stir in the chilpotle chilies to taste.- Cook another 5 minutes; then taste for salt.- Ladle the soup into bowls; garnish with the avocado and cilantro leaves. Serve the lime on the side. Recipe adapted from The Greens Cook Book // Photo by Caitlin Flemming