



# The Micheff Sisters

“Soup + Crackers”

## Spicy Tomato Black Bean Soup

### Ingredients:

3 cup Tomatoes – Petite Diced  
3 cup Water  
1 cup Onions – Chopped fine  
1 clove Fresh Garlic - minced  
1 cup Canned Tomatoes with Green Chiles  
1 can Canned Low Sodium Black Beans – drained and rinsed  
1 cup Carrots – Diced fine  
1 cup Celery – Diced fine  
1- ½ tsp. Mckays Chicken Seasoning  
½ tsp. Salt  
½ tsp. Cumin  
¼ tsp. Cayenne Pepper  
1 T Bragg Liquid Aminos (natural soy sauce)



### Directions:

Put all ingredients in a large medium size kettle and cook for about 25 minutes or until vegetables are tender. Serve hot with your favorite crackers.

**Yield:** 8 Cups

*Linda Johnson*