

## Recipe

### Pinto Bean Soup

## By

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## Ingredients

2 cups cooked pinto beans  
4 cups water  
1 cup diced tomatoes  
½ cup diced yellow squash  
½ cup diced green pepper  
½ cup diced carrot  
½ cup diced celery  
½ cup corn kernels  
1 ½ -2 tsp salt  
½ tsp pepper  
½ tsp dried parsley or basil  
2 tbsp olive oil  
¼ cup chopped fresh parsley leaves  
Dash of chili flakes

## Preparation

Sauté carrot, celery, green pepper, and squash with oil until they are tender in a pot. Add salt, pepper, chili flakes, dried parsley and tomatoes. Cook for a few more minutes then add corn and water. Bring to a boil then simmer for 20 to 30 minutes. Just before serving, sprinkle fresh parsley leaves on top.

## Serves

4-6

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