



BLACK BEAN CHOWDER

2 tablespoons olive oil ■ 1 jalapeno pepper, diced
1 vidalia onion, chopped ■ 2 carrots, chopped ■ 2 bay leaves
1/2 teaspoon dried oregano ■ 1/2 teaspoon dried basil
1/4 teaspoon cayenne pepper ■ 4 cloves garlic, mashed
2 14-oz. cans black beans (or soak dried beans) black pepper
3 cups chicken stock ■ 1 cup cooked, shredded chicken
1 cup frozen corn ■ 1/2 pound cooked shrimp kosher salt
1 zucchini, peeled & diced ■ 1 can chick peas handfull frozen peas

In a large dutch oven, saute the jalapeno pepper, onion, and carrot in pam or smal amt olive oil for 10 minutes or until soft. Add dried spices and garlic and saute for another minute. Add diced zucchin and continue cooking. Add black beans, chick peas and chicken stock and bring to a boil, then turn down the heat and let simmer for 30 minute or more (depending on how soft you like your beans). Add chicken, corn & peas and heat through, then add shrimp and heat that through, too. Season with salt and lots of pepper and serve with dollup of fat-free sour cream. If you want more heat, use some hot sauce on top!

