

## Baked Bean Soup

On a cold winter's day, a bowl of hot soup is the perfect meal. For this recipe, you can use any size cans of baked beans and tomatoes that you have in the house. This is a quick and easy-to-make soup!



### Ingredients:

- 3 tablespoons vegetable oil
- 2 medium onions, chopped
- 1 20 oz. can of baked beans
- 1 28 oz. can of crushed tomatoes (or diced or whole tomatoes)
- salt, pepper
- hot sauce (optional)

### Instructions:

1. Ask an adult to help you make this soup.
2. In a large pot (Dutch oven) cook the chopped onions in the oil over medium heat, stirring often.
3. After about five minutes, or when the onions get soft, pour in the tomatoes, baked beans, and 1/2 cup water. You can add more water later if needed.
4. Cook over medium heat for about 20 minutes, stirring often.
5. Mix about half of the soup in a blender. Put in a portion of the soup at a time. Mix until smooth. (You can blend all the soup if you like, or just some of it, leaving some beans whole.)
6. Put all the soup back in the pot and heat again. Taste it and add salt and pepper if needed. If you like spicy food, add a little hot sauce.

Makes about 6 or 7 servings.