Southwest Black Bean Soup

Ingredients:
1 medium sweet red pepper, chopped
2 celery ribs, chopped
1 small onion, chopped
1 tablespoon canola oil
2 15-ounce cans low sodium black beans, rinsed and drained
1 14 1/2 ounce can reduced sodium chicken broth
1 14 1/2 ounce can diced tomatoes, undrained
1 4-ounce can chopped green chilies
1 teaspoon ground cumin
3/4 cup instant brown rice
6 tablespoons reduced-fat sour cream

Directions:
1. In a large non-stick saucepan, sauté the pepper, celery and onion in oil until tender.
2. Add the beans, broth, tomatoes, chilies and cumin. Bring to a boil.
3. Add rice. Reduce heat; simmer for 30 minutes or until thickened and rice is cooked.
4. Ladle soup into bowls and top with sour cream.
5. Serve with baked tortilla chips and fruit.