

Low-Stress Chili Soup

Ingredients

- 1 or 2 cans (14 oz each) of prepared chili (whatever kind you like)
- 1 can (14.5 or 28 oz) diced tomatoes (regular, fire roasted, basil, whatever you prefer)
- 1 bag (8 oz - 2 C) of shredded cheese (“Mexican” style)
- 1 can (15.25 oz) of corn (whole corn kernels, drained)
- 1 can (6 oz) of tomato paste
- 8 oz of salsa (I suggest something with some thickness to it, and pick a spice level that fits your tastes.)
- **Optional:** ½ tsp (or more) of chili powder or taco seasoning
- a pour of cream (enough to help with the acidity, so you want something with substantial milkfat)
- ½ tsp of baking soda (to offset the acidity of the tomatoes and salsa)

Directions

1. Stir everything together in a big ol’ pot and **bring to a boil**. (If you intend to sprinkle cheese on top later, then reserve some for that purpose.)
2. Reduce heat to **low-ish and let simmer** for a couple of hours. (Careful not to burn the bottom.)
3. If you want to have this with toasted bread, take care of that as the simmering time nears its end.
4. Serve. (Optional: sprinkle cheese on top.)
5. Divide any remainder into containers for the fridge.

Reheat leftovers as desired.