

Summer Corn and White Bean Soup

1 tablespoon canola oil
1 cup sliced green onions
3/4 cup chopped cooked ham (about 4 ounces)
3 cups fresh corn kernels (about 5 ears)
1/2 teaspoon salt
2 (15-ounce) cans navy beans, rinsed and drained
2 (14-ounce) cans fat-free, less-sodium chicken broth
2 (4.5-ounce) cans chopped green chiles, undrained
Sprinkle with Monterey Jack cheese just before serving

Heat canola oil in a Dutch oven over medium heat. Add onions and ham, and cook 3 minutes, stirring frequently. Stir in corn and remaining ingredients. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated.

Yield: 6 servings (serving size: about 1 1/2 cups)