# Winter Black Bean Soup Serves 4

## Ingredients:

3 cups black beans, cooked

2 teaspoons vegetable oil

1/2 cup onion, chopped (about 1/2 medium onion)

1 tablespoon chili powder

1 teaspoon ground cumin (optional)

1 can (14.5 ounces) Mexican style diced tomatoes

1 cup water

1 tablespoon lime or lemon juice (optional)

Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

## **Directions:**

- 1. Prepare beans as directed.
- 2. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder.

Add cumin, if desired. Cook and stir for 1 minute.

- 3. Add tomatoes, beans, and water. Bring to a boil. Reduce heat and simmer for 10 minutes (covered).
- 4. Remove from heat and stir in lime or lemon juice, if desired.
- 5. Garnish before serving.

# **TIPS**

You can use 2 cans (15 ounces) reduced sodium black beans (rinsed) in place of the cooked black beans.

Soup can be cooked in a slow cooker on low for 3-4 hours.

Thin the soup by adding water. Thicken soup by cooking longer without the cover.

Nutrition Facts		
4 Servings Per Recipe Serving Size: 1 1/4 cups		
Amount Per Serving Calories	240	
9	6 Daily Value*	
Total Fat 3g	5%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 530mg	22%	
Total Carbohydrates 42g	14%	
Dietary Fiber 13g	52%	
Total Sugars 4g		
Added Sugars	NA*	
Protein 13g		
Vitamin D 0mcg	0%	
Calcium 106mg	8%	
Iron 5mg	28%	
Potassium 669mg	14%	

K-STATE Research and Extension
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NA\* - We are currently in the process of integrating the

new FDA Nutrition Standards. Added Sugar information

is not currently available for the recipe. We will be

updating the information shortly.



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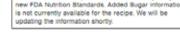
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This institution is an equal opportunity provider.

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