

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
	% 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%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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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