



BLACK BEAN SOUP

INGREDIENTS:

2 Tbsp. olive oil
4 garlic cloves, chopped
1 onion, chopped
1 carrot, chopped
1 hot pepper, chopped
2 tsp. ground cumin
1 Tbsp. oregano
1-2 tsp. chili powder
black pepper to taste
2 large tomatoes, diced or 1-15 oz can diced tomatoes
2- 15 oz cans of black beans, drained
2-3 cups water
Fresh cilantro
Green onions
Salsa
Plain yogurt or low fat sour cream (~35 calories per 2 Tbsp.)
Grated cheese (110 calories per ounce)
Lime wedges

NUTRITION FACTS PER SERVING

Calories	130
Fat	3g
Carbohydrates	19g
Fiber	7g
Protein	7g

DIRECTIONS:

In a large pot, sauté the garlic, onions, carrots and hot peppers in the oil until onions are soft and translucent. Add the seasonings and stir until vegetables are coated. Add the tomatoes and beans and stir to combine. Add 2 cups of water and bring to a boil. Reduce heat and simmer, cover and cook until carrots are tender. You may need to add more water if the soup becomes too thick. Transfer the soup into a blender and puree. You may have to do this in small batches. Place pureed soup back into your pot and simmer for 15 more minutes to thicken. Serve and top with cilantro, salsa, plain yogurt or low fat sour cream, green onions, lime wedges and/or grated cheese.

Makes approximately 8 — 1 cup servings.

Nutrition Tip:

Black beans contain 8 grams of fiber per ½ cup, which is almost a third of the recommended daily fiber intake. (They also contain protein, folic acid, potassium, magnesium and selenium.)