



Black Bean Soup

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment: Large sauce pan with lid, Measuring cups and spoons, Colander
Utensils: Mixing spoon

Ingredients

3 cups black beans, cooked OR 2 14 ounce cans
2 teaspoons oil, vegetable or canola
1/2 cup onion, chopped
1 tablespoon chili powder
1 teaspoon ground cumin (optional)
1 14.5 ounce can diced tomatoes with green chilies
1 cup water
1 tablespoon lime or lemon juice (optional)
Nonfat yogurt or low-fat sour cream and cilantro for garnish (optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if using. Cook and stir for 1 minute.
3. Drain and rinse black beans in colander.
4. Add beans, tomatoes and water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).
5. Remove from heat and stir in lime or lemon juice, if desired.
6. Garnish with yogurt or sour cream and cilantro before serving.

Nutritional Information:

Calories 250
Total Fat 4g
Sodium 620mg
Total Carbs 42g
Protein 13g