

# Beans and Greens Soup



A hearty bean soup flavored with healthy chopped greens and diced tomato.

## Ingredients:

1 lb. pinto beans, sorted, washed, and soaked in water for 12 hours or overnight  
3 cloves garlic, peeled and crushed  
1 large onion, peeled and chopped  
1 & 1/2 tsp cumin seed  
1 tsp red pepper flakes  
1/4 cup chopped cilantro  
2 tsp liquid smoke flavoring

4 cups finely chopped frozen kale, collards, or mustard greens, cooked  
2 tbs olive oil  
1 tsp salt  
1 to 1 & 1/2 tbs cider vinegar  
black pepper, to taste  
2 cups diced fresh tomato  
1/2 cup low-fat yogurt

## Directions:

Drain soaked beans and place in a heavy, deep non-aluminum pan. Add garlic, onion, cumin seed, red pepper flakes, and enough water to cover by 2 inches. Bring to boil and lower to simmer and cook, covered, about 1 to 1 & 1/2 hours. Add more water as needed. Stir often and cook until beans are tender.

Using about half of the bean mixture, carefully puree in blender. Return to pot with other beans. Add cilantro and smoke flavoring. Continue to cook for 10-15 minutes, covered. If necessary, add water or low sodium chicken broth to thin soup. Cook greens as directed on package.

Toss greens with olive oil and stir into soup with salt and vinegar to taste. To serve, season with ground pepper. Spoon hot soup into bowls and top with 1/2 cup chopped tomatoes and a tbs of yogurt.

# Nutritional Information

Serves: 8

Serving Size: not provided

Each serving provides an excellent source of vitamins A and C, folate, magnesium, potassium and fiber, and a good source of calcium.

Calories: 258

Total Fat: 4.9g

Saturated Fat: 0.8g

% of Calories from Fat: 16%

Protein: 15g

Cholesterol: 1mg

Carbohydrates: 42g

Dietary Fiber: 11g

Sodium: 325mg

Source: Fruits & Veggies--More Matters; it meets the CDC's strict nutrition guidelines as a healthy recipe.