

Black Bean Soup

This is a zippy Southwestern-flavored black bean soup. It uses canned beans so it comes together in minutes. (You can use dried beans.)

Ingredients

1 tbsp canola oil	1/2 cup prepared salsa
1 small onion, chopped	1/4 tsp salt
1 tbsp chili powder	1 tbsp lime juice
1 tsp ground cumin	4 tbsp reduced-fat sour cream, optional
2 15-ounce cans black beans, rinsed	2 tbsp chopped fresh cilantro, optional
3 cups water	

Preparation

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring until beginning to soften, 2 to 3 minutes. Add chili powder and cumin and cook, stirring, 1 minute more. Add beans, water, salsa, and salt. Bring to a boil; reduce heat and simmer for 10 minutes. Remove from the heat and stir in lime juice.

Transfer half the soup to a blender and puree (use caution when pureeing hot liquids). Stir the puree back into the saucepan. Serve garnished with sour cream and cilantro, if desired.



Ken Burris

Nutritional Information

Servings: 4 (1 and 1/4 cups each)

Calories: 191

Fat: 4g

Protein: 9g

Carbohydrates: 31g

Fiber: 9g

Sodium: 408mg

Potassium: 535mg

Recipe Source from EatingWell.