

BLACK BEAN SOUP

Prep Time: 5 minutes

Cook Time: 25 minutes

Included in Box:

- 2 (15 oz) cans no salt black beans, drained and rinsed
- 1 (14.5 oz) can low sodium diced tomatoes

Additional Ingredients Needed:

- 4 c. vegetable broth, low sodium or unsalted
- 2 small onions (-1 c.), diced
- 1 T lime juice
- 1 T garlic powder
- 1 tsp chili powder
- ½ tsp ground cumin

Directions:

1. Heat large pot over medium high heat; add onion and cook until translucent (3-4 minutes).
2. Add black beans, diced tomatoes, vegetable broth and garlic powder. Bring to boil and reduce heat to low. Simmer for 15-20 minutes.
3. Optional: Thicken soup by adding ½ of contents from pot to blender and puree until smooth; recombine and serve.

Tip: Add spinach or kale to soup towards the end of simmering for extra veggies and flavor!



Nutrition Facts*

Total Servings: 6
Serving Size: 1 c.
Calories: 166
Fat: 1 g
Sodium: 314 mg
Carbohydrates: 34 g
Fiber: 12 g
Protein: 10 g
Carbohydrate Servings: 2

**Nutrient facts include canned 50% less sodium black beans, canned no salt added diced tomatoes, low sodium vegetable broth, small white onions, fresh lime juice, and spices.*