

Winter Black Bean Soup

A 25-minute black bean soup with chili and lime. 13 g fiber for 230 calories.

Makes 4 servings | Serving: 1 1/4 cups | About $0.90 per serving | 10 min + 15 min | 230 calories

Ingredients

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

Method

1. Prepare the beans.
2. Heat the oil, cook the onion 2-3 minutes, then add the chili powder and cumin for 1 minute.
3. Add the tomatoes, beans and water, boil, then cover and simmer 10 minutes.
4. Stir in the lime juice and garnish.

Swaps: Use 2 cans reduced-sodium black beans. Blend half for a creamier soup.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (1 1/4 cups)

Calories	**230**
Total Fat	3.5 g
Saturated Fat	5 g
Sodium	670 mg
Total Carbohydrate	38 g
Dietary Fiber	13 g
Total Sugars	4 g
Added Sugars	0 g
Protein	13 g
Calcium	64 mg
Iron	3 mg
Potassium	705 mg

Why it's good for you

- Black beans are rich in fiber.[1]
- Beans provide plant protein and iron.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/ [2] NIH Office of Dietary Supplements: Iron fact sheet, https://ods.od.nih.gov/factsheets/Iron-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/winter-black-bean-soup/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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