



# Black Bean Soup

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

## Equipment:

Large saucepan  
Colander

## Utensils:

Mixing spoon  
Measuring cups and spoons

## Ingredients

2 15 ounce cans of no salt added black beans,  
drained and rinsed  
2 teaspoons olive oil OR vegetable oil  
1/2 medium onion, chopped  
1 tablespoon chili powder  
1 teaspoon ground cumin (optional)  
1 14.5 ounce can no salt added diced  
tomatoes with green chilies  
1 cup water  
1 tablespoon lime OR lemon juice (optional)  
1 tablespoon lime juice (about 1/2 lime)  
(optional)

## Optional toppings:

Non-fat yogurt, low-fat sour cream, cilantro

## 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. Add beans, tomatoes, and water to saucepan and bring to boil. Reduce heat and simmer, covered, for 10 minutes.
4. Remove from heat and stir in lemon or lime juice, if using.
5. Garnish with yogurt or sour cream and cilantro before serving, if using.

## Nutritional Information:

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