



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Black Bean Soup

Ingredients:

- Nonstick cooking spray
- 1 medium onion, diced
- 1 Tbsp. garlic, jarred, minced
- 2 tsp. ground cumin
- 1 jalapeño, chopped
- 2, 16- oz. canned, low-sodium black beans, undrained
- 1, 15- oz. canned, no-salt-added, diced tomatoes, undrained
- 1 cup low-sodium chicken broth
- Chopped, fresh cilantro (optional)

Directions:

1. Spray large pot with cooking spray, over medium-high heat add onion and cook until translucent (5 minutes).
2. Add garlic, cumin and jalapeno and cook 1 minute more.
3. Add beans to pot and lightly mash with a potato masher or fork.
4. Add tomatoes and broth, bring to a boil and reduce to medium heat, cover and simmer for 15 minutes.
5. Serve topped with chopped fresh cilantro (optional).

Serves 4

*Nutrition: 245 calories, 0.5 g fat,
45 g carbohydrate, 11 g fiber, 15 g
protein, 34 mg sodium*

*Source: American Heart
Association*

healthy
IU
healthy.iu.edu
healthyu@indiana.edu