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