

Zesty Black Bean Soup

INGREDIENTS

- » 1 tbsp olive oil
- » 1 cup chopped onion
- » 4 cloves minced garlic
- » 1/2 cup chopped celery
- » 1/2 cup chopped red bell pepper
- » 1 (14 1/2 oz) can sliced Mexican stewed tomatoes
- » 1 (14 1/2 oz) can "no salt added" sliced stewed tomatoes
- » 1/2 cup chopped carrots
- » 2 cups chopped zucchini
- » 2 cups water
- » 2 cans (15 oz) black beans, drained and rinsed
- » 1 tsp cumin
- » 1/4 tsp chili powder
- » 1/2 tsp dried oregano
- » 1/4 tsp chili flakes
- » 1 tsp salt-free herb seasoning blend
- » 1/4 cup chopped cilantro
- » 1/4 cup low-fat sour cream

Nutritional Content

Per Serving

Calories	350 cal	Cholesterol	5mg
Protein	15g	Sodium	719mg
Carbohydrate	61g	Calories from Fat	13%
Fat	5g	Fiber	16g
Saturated Fat	1g		

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INSTRUCTIONS

In a large saucepan, over medium-high heat, add olive oil, chopped onion, garlic cloves, and celery. Saute for 2 minutes and add red bell pepper, stewed tomatoes, chopped carrots, chopped zucchini, water, black beans, cumin, chili powder, oregano, chili flakes, and salt-free herb seasoning blend. Bring to a boil and then cover, reduce heat to simmer, and cook 45 to 50 minutes. Stir often. Serve soup topped with chopped cilantro and sour cream. Serves 4.

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