

## Zesty Black Bean Soup

## INGREDIENTS

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

### Nutritional Content

Per Serving

Calories	359 cal	Cholesterol	5mg
Protein	15g	Sodium	722mg
Carbohydrate	61g	Calories from Fat	15%
Fat	6g	Fiber	16g
Saturated Fat	1g		

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↪ See reverse for instructions

## Zesty Black Bean Soup

## INSTRUCTIONS

In a 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 40 to 45 minutes. Stir often. Serve soup topped with chopped cilantro and sour cream. Serves 1.

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