

BLACK BEAN VEGETABLE SOUP

Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 265

Total Fat: 5 g

Saturated Fat: 0.5 g

Sodium: 536 mg

Total Carbohydrate: 44 g

Dietary Fiber: 7 g

Protein: 13 g

Ingredients

2 ½ cups vegetable stock

1 medium onion

chopped 3 large carrots chopped

1 medium zucchini chopped

1 green pepper, chopped

2 stalks celery, chopped

3 cloves garlic, minced

2 tablespoons canola oil



OSF
HEALTHCARE

- 3 (15 oz) cans black beans, drained and rinsed
- 1 (8.75 oz) can whole kernel corn, drained
- 1 (14.5 oz) can crushed tomatoes
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon ground black pepper

Directions

1. In large saucepan, heat oil over medium heat; cook onion, garlic, green peppers, carrots, celery, and zucchini, stirring occasionally, for about 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 1/2 cans of the beans, corn, and pepper; bring to a boil.
2. Meanwhile, in food processor or blender, puree together tomatoes and remaining 1 1/2 cans of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.