

Hearty Black Bean Soup

This creamy black bean soup is packed with protein, fiber, and plenty of Southwestern flavor. Perfect for a light dinner or weekday lunches!

Makes: 6 Servings
 Prep Time: 15 minutes
 Cook Time: 60 minutes

Source: Modified from *Tasty*

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 jalapeño pepper, seeded, diced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons cumin
- 4 (15 oz.) cans black beans, drained and rinsed
- 2 cups low-sodium vegetable stock or broth
- 2 cups water
- 1 bay leaf

Optional Ingredients for topping:

- avocado, chopped
- cheese
- fresh cilantro or parsley, chopped

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Can opener
- Colander
- Large pot with lid
- Mixing spoon
- Blender or food processor



Small Changes,
 BIG Difference!

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Directions

1. Heat olive oil in a large pot over medium-high heat until the oil begins to simmer.
2. Add onions, celery, carrot, bell pepper, and jalapeno pepper. Cook for 4-5 minutes, stirring occasionally, until vegetables begin to soften.
3. Add garlic, salt, and pepper, and continue to cook for an additional 10 minutes until vegetables are soft and the onions are translucent.
4. Add cumin, black beans, vegetable stock (or broth), water, and the bay leaf. Bring to a boil then reduce to a simmer.
5. Cover the pot and cook over low heat for 30 minutes until the beans are very tender.
6. Remove the bay leaf. Transfer about 4 cups of the soup to a blender and puree until smooth.
7. Pour blended soup back into the pot and stir until mixed.
8. Serve warm with desired toppings.

SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$9.59

Average cost/serving: \$1.60

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Celery



Add 1 to Cart
Jalapeño Pepper



Add 1 to Cart
Carrots, 1 lb



Add 4 to Cart
Black Beans (No Salt Added),
15.25 oz



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Low-Sodium Vegetable Stock, 32
oz

SAVE TIME, SAVE MONEY

Cooking Tips

- Use kidney or pinto beans instead of black beans.
- Top with light sour cream or plain Greek yogurt.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

My Cooking Notes

Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	298
Total Fat:	4 g
Saturated Fat:	0.4 g
Cholesterol:	0 mg
Sodium:	265 mg
Total Carbohydrates:	49.3 g
Dietary Fiber:	17.1 g
Total Sugars:	3.5 g
Added Sugars:	0 g
Protein	16.6 g