

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 or vegetable 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).

Yield: 4 servings

Nutrition information per serving: 245 calories, 0.5g fat (0g saturated, 0g trans), 0mg cholesterol, 34mg sodium, 45g total carbohydrate (11g fiber, 12.9g sugar), 15g protein.