

Hearty Black Bean Soup

Eating this soup is an easy and delicious way to warm up on a cool day!

- 1 tbsp. canola oil
- 1/2 cup onion, chopped
- 1 tbsp. chili powder
- 2 15-ounce cans black beans, drained and rinsed
- 1 15-ounce can sweet potatoes, drained
- 3 cups water
- 1/2 cup canned diced tomatoes
- 2 tbsp. lime juice (optional)
- 4 tbsp. reduced-fat sour cream or plain yogurt (optional)



1. Heat oil in a large saucepan over medium heat.
2. Add onion and chili powder. Cook, stirring constantly, 3-5 minutes.
3. Add beans, sweet potatoes, tomatoes, and water. Bring to a boil. Reduce heat and let simmer 20-30 minutes.
4. Stir in lime juice (if you are using it) and serve. Top each dish with two teaspoons of low-fat sour cream or plain yogurt, if you would like.

Recipe adapted from www.eatingwell.com

Makes 4 Servings



Nutrition Facts

Serving Size 1/6 of recipe (13.5 oz)
Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **18%**

Total Carbohydrate 37g **12%**

Dietary Fiber 8g **32%**

Sugars 6g

Protein 7g

Vitamin A 120% • Vitamin C 45%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4