

**SPENDSMART  
EATSMART**

# WINTER BLACK BEAN SOUP

Serves: 4 | Serving Size: 1¼ cup | Per Serving: \$.90

## INGREDIENTS

- 3 cups cooked black beans
- 2 teaspoons vegetable oil
- ½ cup onion, chopped (about ½ medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5-ounce) Mexican-style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or lowfat sour cream and cilantro
- for garnish (optional)

## INSTRUCTIONS

1. Prepare beans as directed on inside back cover.
2. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes. Add chili powder. Add cumin, if you like. Cook and stir for 1 minute.
3. Add tomatoes, beans, and water. Bring to boil. Reduce heat and simmer for 10 minutes covered.
4. Remove from heat and stir in lime or lemon juice, if you like.
5. Garnish before serving.

## COOKING TIPS

- Thin the soup by adding water. Thicken soup by cooking longer without the cover.
- Soup can be cooked in a slow cooker on low for 3-4 hours.
- You can use 2 (15-ounce) cans reduced sodium black beans, rinsed, in place of the cooked black beans.
- [Learn how to prepare the bean dry bean.](#)

## Nutrition Facts

Serving Size 1¼ cup	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 230</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 13g	52%
Sugars 6g	
<b>Protein 13g</b>	
Vitamin A 25%	Vitamin C 20%
Calcium 8%	Iron 20%

# IOWA STATE UNIVERSITY

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