

Black Bean Soup with Lime and Cumin

Preparation Time 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

- 4 cups cooked black beans
- 1 Tbsp olive oil
- 1 Tbsp cumin
- 1 cup chopped onions
- 1 cup sliced carrots
- 2 cloves garlic
- 1/2 cup chopped red bell pepper
- 4 cups low-sodium vegetable stock
- 1/4 cup chopped chipotle chiles (or green chiles)
- 1/4 cup plus 2 Tbsp lime juice

Heat olive oil in a nonstick or heavy-bottomed frying pan over medium heat. Add cumin, chopped onions, carrots, garlic and bell pepper and cook slowly until browned. Puree the beans with 4 cups stock in a blender or food processor. Add the vegetable mixture, 1/2 canned chipotle chiles, 1/4 cup plus 2 Tbsp lime juice, and salt to taste. Process until velvety smooth. If the soup is too thick, thin it with more stock. Garnish each serving with a slice of lime floating in the middle and a sprinkling of finely chopped cilantro.

Serving Size: 1/6 of recipe

Amount Per Serving: Calories* 220, Calories from Fat 30

% Daily Value (DV)*

Total Fat:	3g	5%	Sodium:	150mg	12%
Saturated Fat:	0g	0%	Cholesterol:	0mg	0%
Trans Fat:	0g	0%	Carbohydrate:	55 g	18%
Protein:	11g				

*Percent Daily Values are based on a 2,000 calorie diet.

Source: U.S. Department of Health and Human Services