

Black Bean Soup

Serves

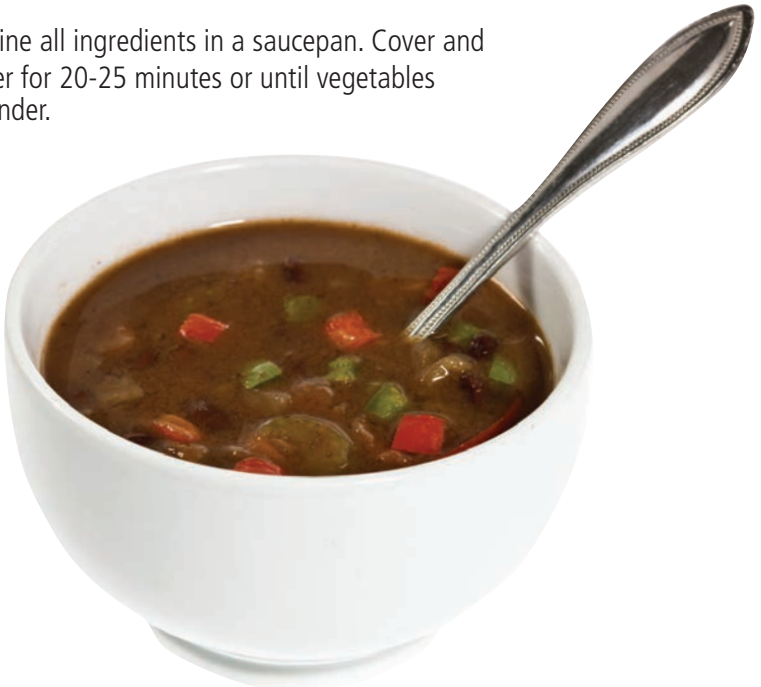
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Serving size

1-1/4 cups of soup (332g)

- 1 cup onion, chopped
- 3/4 cup celery, chopped
- 2 tsps. garlic, chopped
- 1-1/2 cups beef broth
- 2 cans black beans (15 oz. each, drained and rinsed)
- 1/2 cup salsa (thick and chunky)
- 1-1/2 tsps. cumin
- 1/2 tsp. onion powder
- 1/4 tsp. oregano (dried)

Combine all ingredients in a saucepan. Cover and simmer for 20-25 minutes or until vegetables are tender.



Calories*

160

Total Fat

1g

Total Fiber

8g

Protein

8g

Carbohydrates

27g

Sodium

860mg

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



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