

Quick Black Bean Mexican Soup

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

- 1 tablespoon **vegetable oil**
- 1 small **onion** chopped (about 1 cup)
- 4 cloves **garlic** minced
- 1 - 12 ounce can diced **tomatoes**
- 4 cups cooked or canned **black beans** (with liquid)
- 2 **potatoes**, peeled and diced
- 4 cups of **water**
- 1/2 cup fresh **cilantro**, chopped
- 1 tablespoon **cumin**
- 1/3 cup **lime juice** or juice from 1 lime
- Hot sauce** to taste

Directions:

1. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
2. Add the beans, potatoes and water. Bring to a boil; then reduce to low-medium heat. Cook slowly, covered for 20 minutes.
3. Add the cilantro, cumin, lime and hot pepper sauce. Stir well, and cook for 10 minutes.
4. Serve hot and, if desired, garnish with nonfat sour cream, chopped cilantro and tortilla chips.

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container 12

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 120 | Calories from Fat 15 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 350mg | 15% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 6g | 24% |
| Sugars 1g | |

Protein 6g

Vitamin A 2% • Vitamin C 25%

Calcium 6% • 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 | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

12 servings, 1 cup each

Tips: Try topping soup with non-fat sour cream, chopped cilantro, and baked tortilla chips.

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>