



45 min



Serves 4



FRESH

BLACK BEAN & TOMATO SOUP

Ingredients:

- 2 cans black beans drained and rinsed
- 1 cup low sodium broth
- 1 small onion, chopped
- 1 tsp garlic, minced
- 1 can (10oz) diced tomato
- 1/3 cup plain yogurt
- 4 tsp lime juice
- 1 tsp olive oil
- 2 tsp ground cumin

Directions:

1. Place half of black beans and broth into a blender. Puree until smooth.
2. Heat large saucepan over medium-high heat; add oil, onion and garlic, cook until onion is tender, about 5 min. Stir in remaining beans, tomatoes, yogurt, lime juice, cumin and pureed beans into mixture, bring to boil
3. Reduce heat to low, cover and simmer for 25-30 minutes, stirring occasionally.

Source: www.allrecipes.com

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NUTRITION INFO

Per: 1 serving of soup
(4 servings per recipe)

Energy.....	350 kcal
Fat.....	3.5g
Carbohydrates.....	60g
Protein.....	22g



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