



Eat Well

## Winter Black Bean Soup

### Directions

Prepare beans following the directions below or use low sodium canned black beans. Heat oil in a large saucepan over medium heat. Add onion and cook until onion begins to soften, (about 2-3 minutes) stirring regularly. Add chilli powder and cumin. Cook and stir for one minute. Add tomatoes, beans, and water. Bring to boil. Reduce heat and simmer for 10 minutes covered. Remove from heat and stir in lime or lemon juice if desired. Garnish before serving.

### Bean Cooking Instructions

Rinse 1 pound dried black beans and remove any rocks or dirt. Combine dried beans with 8 cups water in slow cooker. Cook on low for 6-8 hours until beans are soft.

*Servings: 4 (1¼ cup)*

### Ingredients

- » 3 cups black beans, cooked
- » 2 tsp vegetable oil
- » ½ cup onion, chopped
- » 1 tbsp chili powder
- » 1 tsp ground cumin
- » 1 can Mexican style diced tomatoes
- » 1 cup water
- » 1 tbsp lime or lemon juice (optional)
- » Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

**Nutrition information per serving:**  
Calories 240, Sodium 530mg,  
Carbohydrates 42g, Protein 13g.

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