

Easy Black Bean Soup (makes 6 servings)

- 1 large onion, chopped
- 1 Tbsp olive oil
- 1 cup carrots, chopped
- 1 bell pepper, chopped
- 4 cloves garlic, chopped
- 4 cups water
- 2 tsp vegetable broth granules
- 1/2 cup salsa
- 2 tsp ground cumin
- 1 tsp oregano
- 3 cups cooked black beans, undrained

Sauté onion in oil. Add carrots, bell pepper and garlic and sauté 1 to 2 minutes. Add water, salsa, cumin, oregano, vegetable broth powder and black beans. Bring to boil, reduce heat, and simmer until veggies are tender, about 15 minutes. Puree soup in blender in batches (or use a handheld blender and puree it right in the pot). Return to pot and season to taste. Serve hot. Reprinted with permission from Communicating Food for Health.

Soup Nutrition per 1 cup serving: 175 calories; 9 g protein; 30 g carbohydrate; 3 g total fat;
Meal Suggestion: This favorite soup needs a shredded carrot salad, fresh ciabatta bread with spreadable herb cheese, and fresh pineapple chunks to make it a family meal.