

Black Bean Soup

Yield 4 servings

Ingredients

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

Instructions

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

Cost

Per recipe: \$3.11
 Per serving: \$0.78

Source

Cornell Cooperative Extension of Onondaga County, Good Food Cookbook: A Special Collection of Quick and Healthy Bean Recipes

Nutrition Facts	
Serving Size 1-1/4 cups (332g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 27g	9%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 8g	
Vitamin A 2%	• Vitamin C 6%
Calcium 8%	• 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	