

EatingWell

Black Bean Soup



This is a zippy Southwestern-flavored black bean soup. We make it with canned beans so it comes together in minutes. If you have leftovers, pack them up in individual serving containers for lunch the next day.

EatingWell Test Kitchen

Total: 25 mins

Servings: 4



Ingredients

1 tablespoon canola oil
1 small onion, chopped
1 tablespoon chili powder
1 teaspoon ground cumin
2 15-ounce cans black beans, rinsed
3 cups water
½ cup prepared salsa
¼ teaspoon salt
1 tablespoon lime juice
4 tablespoons reduced-fat sour cream (optional)
2 tablespoons chopped fresh cilantro (optional)

Directions

Step 1

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes. Add chili powder and cumin and cook, stirring, 1 minute more. Add beans, water, salsa and salt. Bring to a boil; reduce heat and simmer for 10 minutes. Remove from the heat and stir in lime juice.

Step 2

Transfer half the soup to a blender and puree (use caution when pureeing hot liquids). Stir the puree back into the saucepan. Serve garnished with sour cream and cilantro, if desired.

Tips

Make Ahead Tip: Cover and refrigerate for up to 3 days. Garnish with sour cream and cilantro, if desired, just before serving.

Nutrition Facts

Serving Size: about 1 1/4 cups

Per Serving: 206 calories; protein 10.1g; carbohydrates 33.8g; dietary fiber 10.7g; sugars 8.2g; fat 4.4g; saturated fat 0.4g; vitamin a iu 758IU; vitamin c 7.1mg; folate 97.1mcg; calcium 89.5mg; iron 3.5mg; magnesium 11.6mg; potassium 624.4mg; sodium 497.1mg; thiamin 0.2mg.

Exchanges: 1 1/2 starch, 1 vegetable, 1 lean meat

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