### Black Bean Soup

This Mexican classic is packed with fiber and protein, making it a perfect entrée soup. Because this recipe calls for fewer than 10 budget-friendly ingredients and about 20 minutes of cooking time, this dish will easily be on your table in no time.e.

# Ingredients

**Servings** 4

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

# Directions

Tip: Click on step to mark as complete.

1. Lightly spray a large pot with cooking spray.
2. Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic, and cumin. Cook for 1 minute.
3. Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.
4. Serve the soup topped with the cilantro.

## Quick Tips

**Tip:** To save money, buy the store brand of canned beans with the least amount of sodium. Look for "no-salt-added" and "reduced-sodium" options. An unopened can of beans can last up to two years in a pantry, so stock up when they go on sale.

**Keep it Healthy:** Be sure to shop for no-salt-added or reduced-sodium canned beans (for all types) since there's a big difference in the varieties. For example, a half-cup serving of regular canned beans contains between 350 and 565 milligrams of sodium. By comparison, the same quantity in the reduced-sodium version has about 220 milligrams, and the no-salt-added version has even less, only 15 milligrams.

# Nutrition Facts

Black Bean Soup

Calories

245 Per Serving

Protein

15g Per Serving

Fiber

11g Per Serving

Cost Per Serving

$1.36

# Nutrition Facts

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|---|---|
| **Calories** | 245 |
| **Total Fat** | 0.5 g |
| **Saturated Fat** | 0.0 g |
| **Trans Fat** | 0.0 g |
| **Polyunsaturated Fat** | 0.0 g |
| **Monounsaturated Fat** | 0.0 g |
| **Cholesterol** | 0 mg |
| **Sodium** | 34 mg |
| **Total Carbohydrate** | 45 g |
| **Dietary Fiber** | 11 g |
| **Sugars** | 13 g |
| **Added Sugars** | 0 g |
| **Protein** | 15 g |

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