



Black Bean Soup

Recipe courtesy of The American Heart Association



Servings: 4

Ingredients

- 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 oz cans no-salt-added black beans, undrained
- 1 14.5 oz can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- ¼ cup chopped fresh cilantro (optional)

Nutrition Facts | 245 Calories Per Serving

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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Directions

- 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.

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.

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