Winter Black Bean Soup

Serves: 4 | Serving Size: 1 1/4 cups

Ingredients Needed:

- 2 teaspoons olive or canola oil
- ½ cup onion, chopped (about ½ medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 2 cups diced tomatoes canned or diced frozen tomatoes, not drained
- 2 cans low-sodium black beans, drained and rinsed
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low-fat sour cream, cilantro and lime wedges for garnish (optional)
Directions:

1. Heat oil in a large saucepan over medium heat. Add onion and stir until the onion begins to soften, about 2–3 minutes. Add chili powder; add cumin if desired. Cook and stir for 1 minute.

2. Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover and simmer for 10 minutes.

3. Remove from heat and, if desired, stir in lime or lemon juice.

4. If desired, garnish with sour cream, cilantro and lime wedge before serving.

Tips

Soup can be cooked in a slow cooker on low for 3–4 hours. If needed, thin the soup by adding water; or thicken soup by cooking longer uncovered.