

Cuban Black Bean Soup

Soup of the Month – February - 2014



Fiberific! Black beans add half the daily fiber amount to this traditional Cuban soup.

Prep Time: 20 Min

Start to Finish: 2 Hr. 35 Min

Makes: 8 servings

INGREDIENTS

2 tablespoons vegetable oil
1 large onion, chopped (1 cup)
3 cloves garlic, finely chopped
2 2/3 cups dried black beans (1 lb), sorted and rinsed
1 cup finely chopped cooked ham
3 cups 50% less sodium beef broth
3 cups water
1/4 cup apple cider or apple juice
1 1/2 teaspoons ground cumin
1 1/2 teaspoons dried oregano leaves
1 medium green bell pepper, chopped (1 cup)
1 large tomato, chopped (1 cup)
Chopped hard-cooked eggs and Additional chopped onions , if desired

DIRECTIONS

1. In 4-quart Dutch oven, heat oil over medium heat. Cook 1 cup chopped onion and the garlic in oil 4 to 6 minutes, stirring occasionally, until onion is tender.
2. Stir in remaining ingredients except eggs and additional chopped onions; heat to boiling. Boil 2 minutes; reduce heat. Cover and simmer about 2 hours or until beans are tender.
3. Serve soup topped with eggs and onions.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 ½ cup	Calories:	180	Calories from Fat:	50
Total Fat:	6 g	Saturated Fat:	1½ g	Trans fat :	0 g
Cholesterol:	10 mg	Sodium:	320 mg	Total Carbohydrate:	21 g
Dietary Fiber:	7 g	Sugars:	3 g	Protein:	11 g



This recipe is adapted from WWW.eatbetterearly.com