

Quick Corn and Black Bean Soup

Soup of the Month August - 2015



Rev up your nutrients in a fast way. This quick and yummy soup is a good source of vitamin C and calcium and an excellent source of iron and fiber!

Prep Time: 5 Min

Start to Finish: 15 Min

Makes: 4 servings (about 1 1/3 cups each)

INGREDIENTS

1 box (10 oz.) frozen corn & butter sauce (for less fat and sodium use corn with no butter sauce)

1 can (14 1/2 oz.) diced tomatoes, un-drained

1 can (15 oz.) black beans, drained, rinsed

1 can (14 oz.) reduced-sodium chicken broth

1/4 cup chopped green bell pepper

2 teaspoons chili powder

1/2 teaspoon cumin

2 tablespoons chopped fresh cilantro, if desired

DIRECTIONS

1. Place corn and sauce pouch on microwavable plate. Cut small slit in center of pouch. Microwave on High about 2 minutes or until sauce is partially thawed. Remove corn and sauce from pouch to 2-quart saucepan.
2. Add remaining ingredients except cilantro. Cook over medium-high heat 5 to 7 minutes or until hot. Sprinkle individual servings with cilantro.



Recipe Provides: Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 1/3 cup

Calories: 210

Cholesterol: 0 mg

Sugars: 6 g

Total Fat: 2 1/2 g

Calories from Fat: 25

Dietary Fiber: 11 g

Protein: 10 g

Saturated Fat: 1/2 g

Carbohydrates: 35 g

Sodium: 570 mg



Recipe adapted from www.eatbetterearly.com