

Lunch | Dinner

Spicy Black Bean Soup

10 Mins Prep Time

20 Mins Cook Time 4 Servings

366 Calories 11g Fat 50g Carbs 18g Protein



Ingredients

Nourishment Note



® Black Beans

Black beans contain fiber that may help lower cholesterol and promote heart health. They may also help lower inflammation associated with multiple sclerosis.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté the Onions

In a large pot, sauté the onion in olive oil until translucent. Add cumin and cook for 30 seconds.

3. Add Remaining Ingredients

Add 2 can of black beans, 2 cups of vegetable broth and jar of salsa.

4. Bring to a Simmer

Bring to a simmer, stirring occasionally, about 15-20 minutes.

5. Turn Off Heat and Transfer to a Blender

Turn off heat. Transfer to a blender and blend until smooth.

6. Return to Pot

Return to pot to keep warm.

7. Serve and Enjoy

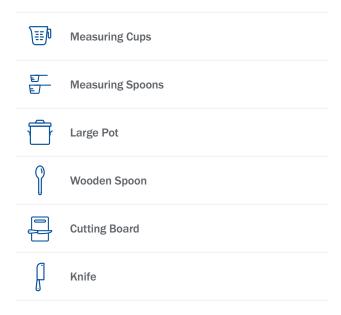
Serve with cilantro sprinkled on top and enjoy.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from Food.com

What You'll Need



Fatigue Buster

- Use jarred, minced garlic or garlic paste.
- Ask a friend or family member to help make this dish.