

Black Bean Soup

Ingredients:

- 1 medium onion, diced
- 1 clove garlic, minced
- 2 teaspoon cumin
- 1 jalapeno, chopped (optional)
- 2 cans (16 ounce) no salt added black beans, undrained
- 1 can (15 ounce) no salt added diced tomatoes, undrained
- 1 cup low sodium broth (chicken, vegetable, beef)

Directions:

1. Spray large pot with cooking spray. Sautee onions over medium-high heat until starting to brown (approximately 5 minutes).
2. Add garlic, cumin, jalapeno (optional) and cook for 1 minute.
3. Add beans to pot. Lightly mash with fork or potato masher.
4. Add tomatoes and broth, bring to boil and reduce heat to medium. Cover and simmer for 15 minutes.
5. Serve hot. Serves 4. Can top with cilantro, cheese, sour cream.