

# B\_Healthy Cookin'

## BLACK BEAN SOUP

- 1/2 C. long grain brown rice (raw), rinsed and drained
- 1 C. water
- 2-16 oz. cans black beans, rinsed and drained well
- 1 T. olive oil
- 1 medium onion, diced
- 1 T. finely chopped jalapeno pepper
- 2 cloves garlic, minced 1 1/2 tsp. ground cumin
- 1/2 tsp. cayenne pepper, optional
- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. chili powder
- 1-11 oz. can diced tomatoes, drained
- 1 1/2 qts. low-sodium chicken broth
- Juice of 1/2 fresh lime
- 2 T. chopped fresh cilantro 3 C. reduced-fat shredded Cheddar cheese

## Nutrition Facts

Serving Size (415g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 210	<b>Calories from Fat</b> 50		
<b>% Daily Value*</b>			
<b>Total Fat</b> 6g	<b>9%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 400mg	<b>17%</b>		
<b>Total Carbohydrate</b> 31g	<b>10%</b>		
Dietary Fiber 7g	<b>28%</b>		
Sugars 3g			
<b>Protein</b> 14g			
Vitamin A 10%	• Vitamin C 20%		
Calcium 20%	• Iron 15%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

In a 1-quart saucepan, place the rice and water and bring to a boil. Immediately reduce the heat to a simmer, then loosely cover and simmer for about 15 minutes until all of the liquid is absorbed. Remove from the heat. In a food processor or blender, purée the beans and set aside. In a 3-quart saucepan, heat the oil over medium-high heat. Add the onion, jalapeno, garlic, cumin, cayenne pepper, oregano, paprika, and chili powder and sauté until the onion begins to soften. Add the tomatoes and stir. Add the puréed beans, rice, broth and lime juice and stir with a wire whisk. Bring to a soft simmer and continue cooking for 20 minutes, stirring once every 5 minutes. Serve with fresh cilantro and cheese.

NUTRITION FACTS: Serving size: 1 1/2 cup per serving, 8 servings

