

# JANUARY

## Recipe of the Month



### Black Bean Vegetable Soup

Source: Kari Hartel, OSF Dietetic Intern

#### Ingredients:

- |                            |                                                |
|----------------------------|------------------------------------------------|
| 2 ½ cups vegetable stock   | 3 (15 oz) cans black beans, drained and rinsed |
| 1 medium onion, chopped    | 1 (8.75 oz) can whole kernel corn, drained     |
| 3 large carrots, chopped   | 1 (14.5 oz) can crushed tomatoes               |
| 1 medium zucchini, chopped | 1 tablespoon chili powder                      |
| 1 green pepper, chopped    | 2 teaspoons ground cumin                       |
| 2 stalks celery, chopped   | ¼ teaspoon ground black pepper                 |
| 3 cloves garlic, minced    |                                                |
| 2 tablespoons canola oil   |                                                |

#### Directions:

1. In large saucepan, heat oil over medium heat; cook onion, garlic, green peppers, carrots, celery, and zucchini, stirring occasionally, for about 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 1/2 cans of the beans, corn, and pepper; bring to a boil.
2. Meanwhile, in food processor or blender, puree together tomatoes and remaining 1 1/2 cans of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

### Why is it Healthy?

What's better than a bowl of soup to warm you up on a cold winter night?

This vegetable soup has simple ingredients that you might already have on hand. Canned beans are a convenient way to add protein and fiber to any soup. By pureeing some of the vegetables, you can make a thick broth without adding flour, corn starch, or cream.

### Nutrition Facts

Serving size 1 cup  
Servings per Recipe: 10

**Calories** 265

**Fat** 5 g  
Saturated Fat 0.5 g

**Cholesterol** 0 mg  
**Sodium** 536 mg

**Carbohydrate** 44 g  
Fiber 7 g

**Protein** 13 g



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