

# Here's another great, healthy recipe from your MCHD dietitians!

## Black Bean Soup

3 (15 oz.) cans black beans  
1 chicken bouillon cube  
1/2 C. water  
1 large onion, chopped  
1 green pepper, chopped  
1/4 t. cumin  
1/4 t. crushed red pepper flakes  
2 bay leaves  
1 t. liquid smoke seasoning  
2 T. lemon juice  
1 t. minced garlic  
Chopped green onions for garnish



In a 4 quart pot, dissolve chicken bouillon in water. Add onion and green pepper; saute until tender. Add remaining ingredients. Cover and bring to a boil. Reduce heat and simmer 1 1/2–2 hours, stirring occasionally. Before serving, discard bay leaves. Spoon 1/3 of the black beans into a blender or food processor. Puree until smooth and transfer back to the soup. Serve with grated reduced-fat cheddar cheese and chopped green onion on top. Serves 8.

**Nutritional value:** 1 serving – 1 cup; 261 calories, 3 g. total fat, 0 g. saturated fat, 143 mg. sodium, 16 g. protein, 47 g. carbohydrate, 7 g. fiber.

