



Governor's Black Bean Soup

Ingredients

- 1 tablespoon olive oil
- 1 cup (1 large) chopped onion
- 1/2 cup (1 medium) carrots, chopped
- 1/2 cup (1 medium stalk) celery, chopped
- 2 cloves garlic, minced
- 3 cans of 16 ounces cooked black beans, rinsed and drained
- January 14-oz Florist Whole tomatoes, chopped
- 3 cups low sodium chicken
- 1/3 cups fresh cilantro, chopped More leaves to decorate
- 2 tablespoons tomato paste
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper, Freshly Ground
- 1/2 cup + 1 tablespoon sour cream

Instructions

- 1 In a large saucepan, heat oil over medium
- 2 Add onion, carrot, celery and garlic and cook
- 3 Stir for about 10 minutes or until the carrots are soft
- 4 In a food processor, puree the vegetable mixture until smooth
- 5 Return the pureed vegetables to the pot and add two-thirds of black beans
- 6 Stir in tomatoes, plus juice, chicken broth, cilantro, tomato paste
- 7 Add the lemon juice, cumin, pepper and black pepper
- 8 In a small bowl, mash the remaining black beans with a fork and add to the soup
- 9 Bring to a boil, reduce heat and simmer for 30 minutes or until thickened
- 10 To serve, ladle soup into bowls
- 11 Top each serving with 1 tablespoon sour cream and some leaves cilantro

Notes

- Calories: 190
- Carbohydrates: 29 g
- Dietary Fiber: 7 g
- Total Fat: 4.2 g
- Saturated Fat: 2 g
- Protein: 9 g
- Sodium: 452 mg

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