

# Recipe

## Black Bean Soup

8 Servings

### Ingredients

3 can (398 ml)	black beans, canned, drained
1 litre	chicken broth, ready to use, reduced salt
1 can (796 ml)	tomato, canned, diced
10 medium	mushroom, raw
1 large	bell pepper (red, yellow or orange)
1 large	onion, raw
1 tbsp	canola oil
2 clove	garlic, raw
1 tsp	spices, coriander leaf (cilantro), dried
1 tsp	spices, cumin
1/2 tsp	tabasco, sauce, pepper
16 tbsp shredded	cheddar cheese
8 tbsp	sour cream, light

### Directions

1. Wash and slice mushrooms and pepper.
2. Dice onion and mince garlic.
3. In a large soup pot, saute garlic, diced onion, pepper and mushrooms in 1 tbsp canola oil for 8-10 minutes.
4. Add diced tomatoes, stock, hot sauce and spices. Stir.
5. Add cans of black beans.
6. Simmer together for a minimum of 30min.
7. Shred cheese.
8. Top each bowl of soup with 2 Tbsp of shredded cheese and 1 Tbsp of sour cream.

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	327
FAT (g)	9.38
SATURATED FAT (g)	4.56
TRANS FAT (g)	0.041
CHOLESTEROL (mg)	22
SODIUM (mg)	427
CARBOHYDRATE (g)	44.18
FIBRE (g)	9.8
SUGARS (g)	5.26
PROTEIN (g)	19.4
VITAMIN A (µg)	88
VITAMIN C (mg)	57.8
CALCIUM (mg)	258
IRON (mg)	4.15