

LAST-MINUTE BLACK BEAN SOUP

Makes 4 Servings; Serving size about 1 cup

INGREDIENTS:

- One 15-ounce can reduced-sodium black beans, undrained
- 1 1/2 cups frozen corn kernels
- 3/4 cup salsa
- 1/2 cup water
- 1/2 cup finely diced red bell pepper
- 2 tablespoons fresh lime juice (juice of 1 lime)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 cup shredded reduced-fat Cheddar cheese
- 1/4 cup reduced-fat sour cream, optional

DIRECTIONS:

1. In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin. Cover and bring to a boil. Reduce the heat and simmer, uncovered, 10 minutes.
2. Serve in individual bowls and top with the cheese and sour cream as desired.

NUTRITION:

180 calories, 1.5g fat (1g saturated), 380mg sodium, 33g carbohydrate, 7g fiber, 10g protein, 60% vitamin C, 15% calcium, 15% iron

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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