



Elliott Evans Nutrition, LLC
Prevent and Protect
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FAST AND DELICIOUS BLACK BEAN SOUP

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Serves 6

Ingredients:

- 1 medium onion, chopped**
- 2 tablespoons olive oil**
- 1 green bell pepper, chopped**
- 1 large carrot, peeled and thinly sliced**
- 3 cloves of garlic, minced**
- 2 15-ounce cans black beans**
- 1 14-ounce can vegetable broth**
- ¼ teaspoon cumin**
- ½ teaspoon salt**
- 1 cup shredded cheddar cheese**
- 1 cup sour cream**
- ground black pepper to taste**

Preparation:

- 1 Heat the oil in a large pot over medium heat. Stir in the onion, bell pepper, carrot, and garlic, and cook 5 minutes, until tender. Mix in 1 can black beans and chicken broth.**
- 2 In a blender, puree remaining can of beans until smooth. Mix into the pot. Bring soup to a boil. Reduce heat to low. Mix in cumin, salt and pepper. Simmer 20 minutes.**
- 3 Garnish with cheddar cheese and sour cream to serve.**