

BLACK BEAN SOUP

SERVING SIZE: 1 cup
SERVINGS: 7
PREPARATION TIME: 5 minutes
COOK TIME: 60 minutes

INGREDIENTS:

- 1 15.5 ounce can black beans
- 1 cup brown rice
- 1 15.25 ounce can whole kernel corn
- 3 tablespoons onion powder
- 3 tablespoons garlic powder
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 5 ½ cups water



DIRECTIONS:

1. Drain and rinse black beans.
2. Combine brown rice, seasonings and 3 cups of cold water in large pot.
3. Bring to a boil, cover with a lid and simmer until rice is fully cooked, about 45 minutes.
4. Add 2 ½ cups of water, corn, and beans to pot and simmer for 10 more minutes.

RECIPE TIPS:

- You can also use prepared dried beans.

NUTRITION FACTS:

Amount Per Serving	
Calories	236
Total fat	2g
Saturated fat	0g
Cholesterol	0mg
Sodium	209mg
Total Carbohydrate	48g
Fiber	8g
Total Sugar	2g
Includes 0 g of Added Sugars	
Protein	9g
Phosphorus	215mg
Potassium	447mg

EQUIPMENT NEEDED:

- Large pot with lid
- Stirring spoon or spatula

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org