



Black Bean Hearty Soup

Ingredients

3 medium carrots, halved and thinly sliced
2 celery ribs, thinly sliced
1 medium onion, chopped
4 garlic cloves, minced
1 (30-ounce) can black beans, rinsed and drained
2 (14½-ounce) cans chicken broth
1 (15-ounce) can crushed tomatoes
1½ teaspoons dried basil
½ teaspoon dried oregano
½ teaspoon ground cumin
½ teaspoon chili powder
½ teaspoon hot pepper sauce (optional)

Makes 8 servings

Instructions

1. In a slow cooker, combine ingredients. Stir well.
2. Cover and cook on low for 9-10 hours or until vegetables are tender.

Note:

- Serve over hot cooked rice.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 780mg **33%**

Total Carbohydrate 23g **8%**

Dietary Fiber 7g **28%**

Sugars 3g

Protein 7g

Vitamin A 90% • Vitamin C 15%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

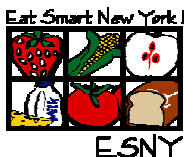
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0% Calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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