



Healthy Eating & Weight Loss

Black Bean Soup

- 1 tbsp vegetable oil
- 1/2 onion, diced
- 2 carrots diced
- 2 celery stalks, diced
- 2 cloves garlic, finely chopped
- 1/2 tsp dried oregano
- 1/4 tsp ground cumin
- Pinch Salt, Pinch Pepper
- 2 cups chicken stock or vegetable stock
- 2 cans(19oz each) black beans, drained and rinsed
- 2 tbsp fresh chopped coriander or green onion

In a large saucepan, heat oil over medium heat. Fry onion, carrot, celery, garlic, oregano, cumin, salt and pepper. Stirring occasionally , until softened, about 5 minutes. Add stock and 4 cups of water.

Add beans and bring to a boil, reduce heat, cover and simmer about 20 minutes.

In blender, puree half of the soup in batches until smooth. Return to pot.

Garnish with coriander and serve. Makes 6 servings

138 calories per serving, 8 g protein

Be sure to visit us for more great recipes!!

<http://www.douglasvilleweightloss.com>