Zesty Black Bean Soup

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

3 (15-ounce) cans no-salt-added black beans, drained and rinsed

2 cups (16 ounces) low-sodium vegetable broth

1 (10-ounce) can no-salt-added diced tomatoes with green chiles, drained

1 teaspoon ground cumin

1 teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon dried oregano

1-2 tablespoons lime juice, to taste (about ½-1 lime)

6 tablespoons nonfat plain Greek yogurt, divided

2 tablespoons sliced scallion (green onion), divided

Directions

1. In a food processor or blender, add the beans, broth, tomatoes with green chiles, cumin, onion powder, garlic powder, and oregano. Blend until fairly smooth.
2. Transfer the mixture to a medium saucepan and place over medium heat.
3. Bring the mixture up to a gentle simmer and let it cook until it is warmed through and the flavors have melded, about 5-10 minutes, stirring occasionally.
4. Divide the soup between six serving bowls and top each with 1 tablespoon of the Greek yogurt, ½ tablespoon of the scallion.
5. Serve warm, adjusting the flavor with additional lime juice as desired.

Recipe Notes

- For a chunkier texture, set some of the canned beans aside and keep them whole, then stir them in at the end of cooking.

Nutrition Facts Per Serving: Calories: 220 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 80 mg | Total Carbohydrate: 43 g | Dietary Fiber: 12 g | Protein: 15 g

Inspired by a recipe submitted by Jaylene Daugherty, RD, LD, CDE
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