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 scallions (green onions), 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 combined, about 5-10 minutes, stirring occasionally.
4. Add the lime juice and stir to combine.
5. Divide the soup between six serving bowls and top each with 1 tablespoon of the Greek yogurt and ½ tablespoon of the scallions.
6. 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.