



Hearty Mexican Soup

Yield: 4 Servings

Ingredients:

- 1 onion (small, chopped)
- 4 cloves garlic (minced)
- 1 can tomatoes, diced (12-oz can, low sodium, drained and rinsed)
- 2 cans black beans (15-oz can, low sodium, drained and rinsed)
- 2 potatoes (large, peeled and diced)
- 4 cups water
- 1/2 cup cilantro (fresh, chopped)
- 1/2 lime (squeezed)
- 1 pinch cumin powder



Directions:

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.

Cost: Per recipe: \$5.65; Per serving: \$1.41

Nutrition Facts: Calories, 190; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 330mg; Total Carbohydrate, 44g; Fiber, 10g; Protein, 8g; Vit. A, 15%; Vit. C, 45%; Calcium, 8%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>



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