



BeFit

Eat right. Live healthy. It's your choice.

Black Bean Soup

5 cups cooked black beans (2 pounds dried beans)

4 cups vegetable broth or water

2 tablespoons dark sesame oil

1 large onion, coarsely chopped

4 cloves garlic, minced

1 stalk celery, chopped

1/4 cup white wine

1 tablespoon tomato paste

1 teaspoon cumin or coriander

1/2 large orange peeled & seeded

pinch of cayenne pepper

juice of 1 lime

- (1) Sauté onion, garlic and celery in oil.
- (2) Add beans, water, wine, tomato paste, cumin and coriander.
- (3) Boil and simmer covered for 15 minutes. Blend about 1/2 to 3/4 of bean mixture in blender with orange.
- (4) Transfer soup to pot.
- (5) Add cayenne and lime juice. Heat. Adjust seasoning.
- (6) Serve hot with a dollop of yogurt and chopped tomatoes on top.

Yield: 8 cups

Nutrition Information Per Serving (1 cup):

Calories: 170

Protein: 10 g

Fat: 3 g

Carbohydrate: 26 mg

Sodium: 5 mg

Cholesterol: 0 mg

Dietary Fiber: 5 g

Compliments of the MGH Department of Nutrition and Food Services