

Zesty Black Bean Soup

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Ingredients:

- 1 c. onion, chopped
- 3/4 c. celery, chopped
- 2 tsp. garlic, chopped
- 1 1/2 c. beef broth, reduced-sodium
- 2 (15-ounce) cans black beans, drained and rinsed
- 1/2 c. salsa (thick and chunky, mild or medium)
- 1 1/2 tsp. cumin
- 1/2 tsp. onion powder
- 1/4 tsp. dried oregano

Directions:

- Combine all ingredients in a saucepan. Cover and simmer for 20 to 25 minutes or until vegetables are tender.

Makes 4 servings. Per (1 ¼ c.) serving: 160 calories, 1 grams (g) of fat, 27 g of carbohydrate, 8 g protein, 8 g fiber, and 360 mg of sodium.

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SERVICE

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