



## **Black Bean Soup**

3 cans black beans, rinse and drain if sodium is a concern. If not draining, you can use less broth.  
1 medium onion, chopped  
1 tablespoon extra virgin olive oil  
2 cans to 4 cups of reduced sodium vegetable broth\*  
1 cup salsa, mild to hot depending on your taste

Heat the olive oil in a large cooking pot. Add the onion and sauté until the onions are clear. Mash one can of beans and add all three cans to the cooked onions. Add the vegetable broth and salsa. Let heat through.

**Serves 6-8.** *Nutrition information per serving (if serving 6): 115 calories, 2.3 grams fat, 15.4 grams carbohydrates, 560 mg sodium\*\*, 0 mg cholesterol, 3 grams fiber.*

\*There is a new line of soups on your grocer's shelves that is very tasty and higher in quality. Look for the soups and broth in a UHT (Ultra High Temperature) box. One brand is Imagine and it contains about half the sodium found in most canned soups.

\*\*The sodium content is based on the lower sodium broth product from Imagine and drained, rinsed beans.

Doris Moore, one of our most faithful volunteers, has once again provided us with a quick, simple and nutritious recipe to share. You cannot ask for an easier recipe to make with things readily kept on your pantry shelf. Because it is based on packaged foods, be sure to toss a fresh salad to eat along with the soup.

Enjoy!!!

Your partners in health,  
**Candace and Lucy**