



| EASY FAMILY MEALS



BLACK BEAN SOUP WITH LIME AND CUMIN

Recipe Summary

Preparation Time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1

Ingredients:

4 cups cooked black beans

1 Tbsp olive oil

1 Tbsp cumin

1 cup chopped onions

1 cup sliced carrots

2 cloves garlic

½ cup chopped red bell pepper

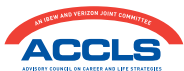
4 cups low-sodium vegetable stock

¼ cup chopped chipotle chiles (or green chiles)

¼ cup plus 2 Tbsp lime juice

Directions:

Heat olive oil in a nonstick or heavy-bottomed frying pan over medium heat. Add cumin, chopped onions, carrots, garlic and bell pepper and cook slowly until browned. Puree the beans with 4 cups stock in a blender or food processor. Add the vegetable mixture, 1/2 canned chipotle chiles, lime juice, and salt to taste. Process until velvety smooth. If the soup is too thick, thin it with more stock. Garnish each serving with a slice of lime floating in the middle and a sprinkling of finely chopped cilantro.



YOU CAN FIND THIS AND MANY OTHER HEALTHY RECIPES AT WWW.FRUITSSANDVEGGIESMATTER.GOV.