



PHOTO CREDIT: Alise Roberts

Hearty Mexican Soup

Source: What's Cooking? USDA Mixing Bowl

Serving size: 1 portion **Servings per recipe:** 4 portions

This hearty soup will definitely warm you up on a chilly winter day.

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

Materials

Large pot, can opener, cutting board and sharp knife

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.

Calories	309
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	322 mg
Total Carbohydrate	62 g
Dietary Fiber	19 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	16 g
Vitamin D	0 mcg
Calcium	140 mg
Iron	6 mg
Potassium	1360 mg

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