



Black Bean Soup With Avocado Cream

Black Bean Soup

4 servings, 1 cup each

Olive oil	1½ cups chunky salsa
½ cup chopped celery	2 cups water
½ cup chopped onion	Lime juice from 1 lime (set aside)
2 cloves fresh garlic, chopped	Sea salt
1½ teaspoons chili powder	
15-ounce can black beans, cooked (drained and rinsed)	

Heat saucepan; add oil and sauté onion until it just starts to become aromatic. Add celery and cook just until soft. Add fresh garlic. Add spices and release their fragrance—quickly add the beans, salsa and water. **Choose a cooking method:** Crockpot: Transfer to a crockpot and cook on low for 5 to 8 hours or on high for 3 to 4. Times will vary with individual crockpots. Stovetop: Leave in saucepan and cook another 15 minutes until flavors meld. To finish soup, add 1 tablespoon lime juice and adjust taste with lime juice and/or salt.

Serve With Avocado Cream

12 servings, 1 tablespoon each

1 avocado	Juice of ½ a lime
2 tablespoons plain yogurt or tofu	Sea salt and black pepper
2 tablespoons cilantro, finely chopped	

Puree all ingredients until smooth.

Per Soup Serving:

126 Calories
1 gm Total Fat
0 gm Saturated Fat
224 mg Sodium
22 gm Carbohydrate
7 gm Fiber
7 gm Protein

Per Avocado Cream Serving:

28 Calories
3 gm Total Fat
<0.5 gm Saturated Fat
3 mg Sodium
2 gm Carbohydrate
1 gm Fiber
<1 gm Protein

