

Last-Minute Black Bean Soup

Makes 4 servings; serving size about 1 cup

Ingredients:

One 15-ounce can reduced-sodium black beans, undrained

1 1/2 cups frozen corn kernels

3/4 cup salsa

1/2 cup water

1/2 cup finely diced red bell pepper

2 tablespoons fresh lime juice (juice of 1 lime)

1 teaspoon chili powder

1 teaspoon ground cumin

1/4 cup shredded reduced-fat Cheddar cheese

1/4 cup reduced-fat sour cream, optional

Directions:

1. In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin. Cover and bring to a boil. Reduce the heat and simmer, uncovered, 10 minutes.
2. Serve in individual bowls and top with the cheese and sour cream as desired.

Nutrition:

180 calories, 1.5g fat (1g saturated), 380mg sodium, 33g carbohydrate, 7g fiber,

10g protein, 60% vitamin C, 15% calcium, 15% iron