

BLACK BEAN SOUP

Recipe courtesy of *Diane Henderiks*

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Ingredients:

1tbsp. olive oil
3 cloves garlic; minced
1 cup onion; chopped
1 cup carrot; thinly sliced
1tsp. ground cumin
4 cups low sodium chicken or vegetable stock

3 cups cooked black beans
2 tsp. dried cilantro
1/4 tsp. ground red pepper
Plenty of freshly ground black pepper
1/2 cup low fat sour cream
1/2 cup chopped fresh cilantro

Directions:

1. Sautee garlic, onion & carrot in a large saucepan over medium heat for about 5 minutes.
2. Add next 5 ingredients (cumin through red pepper)
3. Cook over low heat for about 25 minutes.
4. Remove from heat & add pepper to taste
5. Ladle into bowls and top with 1tbsp. low fat sour cream and 1tbsp. cilantro
6. Enjoy!

Serves 6-8