

# Black Bean Powerhouse Soup

Recipe Makes 9 Servings

1 Serving = 1 Cup

0 SP and 182 Calories

## Ingredients:

Oil spray

1 onion, chopped

1 tsp garlic, minced

1 bell pepper, any color, chopped

4 15oz. cans black beans, drained and rinsed

8 cups chicken broth (To make vegetarian, use vegetable broth instead)

1 tbsp onion powder

1 tbsp fresh cilantro (1 tsp dried)

2 tsp garlic powder

1 tsp cumin

1 tsp salt

½ tsp black pepper

⅛ tsp of chili powder

Optional garnishes: Shredded cheese and sour cream. (Adjust points)

## Recipe:

On medium heat, spray the bottom of a large stock pot with oil. Add the onions and cook for about 5 minutes until soft. Add minced garlic and cook together for a minute, followed by the bell peppers. Cook together for about a minute and then add in the beans and chicken broth.

Stir and bring to boil. Reduce heat, add the spices, and simmer for about 30 minutes.

Using your immersion blender, blend the soup until it is about 2/3 blended so that it's creamy but that you still have some beans and veggie pieces intact. If you want it fully blended you could do that as well. I prefer this soup partly creamy and partly chunky.

Simmer on low heat for another hour. If it gets too thick, add some more broth to it and cook for a few minutes longer. If you want it thicker, simmer it longer. Taste and add more spices and salt if needed. When it tastes the way you like it, it's done!

Once the serving is in your bowl, you could add some raw chopped onion and extra cilantro on top and/or some light sour cream or greek yogurt and low fat shredded cheese (be sure to adjust the points/calories).

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