

Black Bean Soup

Road To Optimal Health Recipe



Recipe Nutritional Information

Low in saturated fat, no cholesterol, low in sodium, high in dietary fiber, magnesium, phosphorus, potassium and thiamin.



Ingredients



- * 100 g tinned black beans , (in own juice)
- * 3 tbsp olive oil
- * 1 red onion , peeled and sliced
- * 3 garlic cloves , peeled and finely chopped
- * 3 fresh chillies , finely chopped
- * 2 tbsp tomato purée
- * 1 ltr chicken stock
- * 1 tsp whole cumin seeds
- * salt and pepper
- * for the salsa:
- * 3 tomatoes , cored and finely diced
- * 1 bunch of fresh coriander , chopped
- * 2 spring onions , finely diced
- * the juice of 1 lime
- * 1 tbsp sour cream , to garnish
- * 1 chopping board
- * 1 small knife
- * 1 large knife
- * 1 medium cooking pot with lid
- * 1 wooden spoon
- * 1 dessert spoon
- * 1 small bowl





Instructions



Step 1:

Heat the oil

Place the cooking pot over a medium heat, add the olive oil and allow to warm through.

Step 2:

Cook the ingredients

Add the chopped onion and garlic and stir. Add the cumin seeds, tomato purée and the chillies before stirring again. Allow to cook for a couple of minutes then add the beans and the stock. Stir, cover, bring to the boil and cook for 10 minutes.

Step 3:

Combine salsa ingredients

While the ingredients are cooking, make the salsa. To small bowl, add the tomatoes, coriander, spring onions and lime juice. Season well with salt and pepper then combine using a dessert spoon.

Step 4:

Garnish and serve

Ladle the soup into individual serving bowls and heap over with the salsa. Spoon over some sour cream and serve with a slice of lime and some nacho chips!



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