

From the Kitchen of the

# Cent\$ible Nutrition Program

## Black Bean Soup

### Ingredients

- 2 cups dried black beans
- 3 quarts water for soaking or quick-cooking
- 6 cups water or low-sodium chicken broth
- 1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powdered)
- 1 large onion, minced
- 3 stalks celery, chopped
- 1 green pepper, chopped
- 1 meaty ham bone or ½ pound chopped ham
- Salt and pepper to taste

### Directions

1. Wash hands in warm, soapy water.
2. Sort beans to remove any stems or rocks. Wash and drain beans.
3. In a large pot, cover beans with water and soak overnight in the refrigerator. Or, bring to a boil and boil for 2 minutes. Remove from heat and let stand 1 hour.
4. Drain water.
5. Add fresh water or broth.
6. Add remaining ingredients.
7. Heat to boiling. Cover. Turn down heat and simmer 2-4 hours or until beans are tender. Add more water if needed.

### Nutrition Facts

Serving Size 1 cup (741.47g)  
Servings Per Container 6

#### Amount Per Serving

Calories 320      Calories from Fat 45

% Daily Value\*

**Total Fat** 5g      7%

Saturated Fat 1.5g      8%

Trans Fat 0g

**Cholesterol** 20mg      7%

**Sodium** 400mg      17%

**Total Carbohydrate** 46g      15%

Dietary Fiber 17g      68%

Sugars 4g

**Protein** 22g      44%

Vitamin A 0%      •      Vitamin C 6%

Calcium 15%      •      Iron 25%

\* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 6



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