

Black Bean Chili

1 Tbsp. olive oil
1 onion, chopped
2 red bell peppers, seeded and chopped
1 jalapeno pepper, seeded and minced
10 fresh mushrooms, sliced
6 roma tomatoes, diced
1 cup fresh corn kernels
1 teaspoon black pepper
1 teaspoon ground cumin
1 Tbsp. chili powder
2 (15 oz) cans organic black beans, drained and rinsed
1 ½ cup chicken broth

Heat oil in large saucepan over medium-high heat. Sauté onions, red bell peppers, jalapeno pepper, mushrooms, tomatoes and corn for 10 minutes or until the onion is translucent. Stir in the remaining ingredients, bring to a boil.

Remove 1 ½ cups of the soup and puree. Stir back into saucepan of soup. Enjoy. Makes 8 servings. Using canned organic black beans eliminates 387 mg of sodium per serving.

Nutrition information per serving: 173 calories, 9 grams protein, 3 grams fat, 29 grams carbohydrate, 124 mg sodium, 2.2 grams iron.