



Easy Black Bean Soup

3-15 oz cans black beans, organic with liquid
½ cup cilantro, fresh
1 clove garlic, minced
2 ½ cups salsa
2 tsp cumin, ground
½ cup sour cream, fat free

Stir all ingredients except the sour cream into a pot. Heat to simmering. Lower heat to medium low, cover and simmer for at least 10 minutes, stirring occasionally. Dish into bowls and top with a dollop of sour cream. Makes 8 servings. Using organic black beans keeps the sodium content low.

Nutrition information per serving: 189 calories, 10 grams protein, 0 gram fat, 31 grams carbohydrates, 68 grams sodium.