

Black Bean Soup

If weekday cooking is tough... Try something new. This weekend, prep a hearty meal and freeze to eat during the week (takes a total of 15 minutes to prepare and 30 minutes to cook).



Black Bean Soup

Recipe pooled from allrecipes.com and foodnetwork.com

Yield: 8 servings

Prep time: 15 minutes

Cook time: 30 min

Ingredients

- 2 medium onions, chopped
- 2 stalks celery, chopped
- 4 medium tomatoes, diced
- 3 medium carrots, chopped
- 6 cloves garlic, pressed
- 1 ½ tablespoons olive oil
- 1 bunch cilantro
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 5 ½ cups vegetable broth
- 1 ½ cans whole kernel corn
- 5 cans (15 ½-ounce) black beans, drained not rinsed
- Juice of ½ lime
- Optional: 10 sliced bacon, finely chopped
- Optional garnish: sour cream and grated cheddar
- Salt and pepper to taste

Directions

1. Optional bacon: cook over medium heat about four minutes.
2. Pour olive oil into a large pot, stir in onions and cook until they are browned, stir in garlic for one minute.
3. Add the celery, tomatoes, carrots and corn with vegetable broth.
4. Add in the chili powder, cumin.
5. Stir in the black beans and turn the heat to a boil, cook 10 minutes.
6. Season with salt and pepper (add bacon, if applicable).
7. Pick off all stems from cilantro, wash and shake dry. Chop coarsely, stir into soup after 10 minutes.
8. Squeeze in the lime juice, add sour cream and grated cheese as garnish.
9. If not serving immediately, separate servings into freezer-friendly Tupperware.

(Recipe depicted in graphic above)

Nutrition rating

How does this meal fair on the health-meter?

Nutrition information: without the bacon, black bean soup is less than 200 calories per serving and a good amount of fiber at 6 grams (1 cup). For a hearty dinner, increase serving size to two cups for the following: 253 calories, 6 grams fat, 36 grams carbs, 12 grams fiber, 13 grams

protein. Two medium strips of bacon adds extra calories, fat and protein: 92 calories, 7 grams fat, .2 grams carbs, 0 grams fiber, 6 grams protein.

Applicability: as a dinner, this meal works best when made in bulk and eaten in portions/stored for later.

Taste: on a scale from 1-10, this meal is a true 7.5. It is a real tasty way to consume fiber, vitamins and minerals for a small amount of calories. For garnish, 1 tablespoon of sour cream and 1 tablespoon of grated cheese adds lots of flavor for little.

For maximum speed

Whenever you freeze something, it is easiest to unfreeze when prepared in small portions. If you want to eat 2 cups of your soup, measure and freeze in that quantity. For maximum speed, buy a container that is already that size. This way, you don't need to worry about defrosting the entire pot.

Food safety freezing tips

Soups can be frozen for 2-3 months. Make sure to label your frozen container with a "use by" date. Brush up on your freezing know-how by visiting the USDA's [safe food handling fact sheet](#).