



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Black Bean Hearty Soup

Ingredients:

- 3 medium carrots, halved and thinly sliced
- 2 celery ribs, thinly sliced
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 (30-ounce) can black beans, rinsed and drained
- 2 (14-ounce) cans chicken broth, low sodium
- 1 (15-ounce) can crushed tomatoes
- 1½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon hot pepper sauce (optional)
- 4 cups hot cooked brown rice

Makes 8 servings - 8% calories from fat

Instructions:

1. In a slow cooker, combine the first 12 ingredients. Cover and cook on low for 9-10 hours or until vegetables are tender.
2. Serve over ½ cup rice.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 9g	
Vitamin A 90%	Vitamin C 15%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.