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Black Bean Soup

Ingredients:

- 1 (16-ounce) package dried black beans
- ½ teaspoon salt
- boiling water
- 4 cups low-sodium chicken broth
- 2 Tablespoons oil
- 1 cup finely chopped onions
- 2 teaspoons finely chopped garlic
- ½ pound finely chopped lean cooked ham
- 1 large tomato, peeled, seeded, and chopped
- ½ teaspoon ground cumin
- ¼ teaspoon black pepper

Makes 8 servings - 25% calories from fat

Instructions:

1. In a colander, wash beans under cold running water. Put beans in a heavy 4 quart saucepan; add salt, and pour in enough boiling water to cover beans 2 inches. Bring to a boil, then reduce heat to low, cover venting the lid, and simmer 2 to 3 hours, or until beans are tender.
2. Drain beans, reserve liquid, set aside. When liquid has cooled, add enough chicken broth to make 6 cups. Combine 1 cup beans and 1 cup liquid at a time in a blender. Whirl at high speed until the beans are pulverized, do not purée too finely. Scrape the mixture into a large bowl with a rubber spatula. Repeat until all beans are done.
3. In a 5 quart saucepan, heat oil over moderate heat. Add the onions and garlic, stir frequently until tender but not brown.
4. Stir in ham, tomato, cumin, and pepper. Bring to a boil and cook, stirring frequently for 5 minutes. Add the beans, and simmer over low heat for 15 minutes or until soup is heated through.
5. Ladle the soup into a large tureen or individual soup plates and serve it at once.

Nutrition Facts	
Serving Size 1 1/2 cup approximately	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 70
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 600mg	25%
Total Carbohydrate 35g	12%
Dietary Fiber 12g	48%
Sugars 2g	
Protein 19g	
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Vitamin A 4%	Vitamin C 8%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories. 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	



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