

Spicy Black Bean Soup

A quick and easy soup with staples from your pantry!

Ingredients

- 2 cans black beans, drained & rinsed
- 1 can Rotel tomatoes (any variety)
- 2 cups chicken broth
- 1 tsp cumin
- ½ tsp cilantro
- 4 Tbls light sour cream
- 1 green onion, sliced



Directions

1. Drain and rinse beans. Add to soup pot.
2. Add tomatoes and chicken broth.
3. Stir in seasonings and heat over medium-high heat until hot.
4. Divide into bowls and top with 1 Tablespoon sour cream and sprinkle with green onions.

Makes 4 servings

Nutrition Facts:

Calories	152
Total Fat	4g
Total Carbohydrates	20g
Dietary Fiber	6g
Protein	9g