

Black Bean and Corn Soup

Ingredients

- 1 (15oz) can black beans, drained and rinsed
- 1 (14-1/2 oz) can Mexican stewed tomatoes, with juice
- 1 (14-1/2 oz) can low sodium diced tomatoes, with juice
- 1 1/2 oz can whole kernel corn, drained
- 4 green onions, sliced (discard top 1-2 inches and roots.)
- 1 small green bell pepper, sliced
- 4 ribs celery, diced
- 3 Tbsp chili powder
- 1 tsp ground cumin
- 1 garlic clove, minced

Directions

Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours.

Nutrition Facts	
Serving Size @ 1 cup - 8 1/2 ounces (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 5g	
Vitamin A 30%	Vitamin C 50%
Calcium 6%	Iron 10%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

