

Black Bean Soup with Veggies

Ingredients:

- 3 carrots, thinly sliced
- 2 celery ribs, sliced
- 1 onion, chopped
- 4 garlic cloves, diced
- 1-20 ounce can black beans, rinsed and drained
- 1-28 ounce low sodium vegetable broth
- 1-15 ounce can crushed tomatoes
- 1-1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon hot pepper sauce

Directions:

Combine all ingredients in slow cooker. Cover. Cook on LOW for 9-10 hours.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-2-08

Nutrition Facts	
Serving Size @ 1 cup (278g)	
Servings Per Container approx. 8 servings	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 4g	
Vitamin A 50%	• Vitamin C 20%
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 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	

