

Quick and Easy Vegetarian Black Bean Soup

2 15-ounce cans black beans, undrained
1 16-ounce cans vegetable broth
1/2 cup salsa
1 tablespoon chili powder

Reduced-fat shredded cheese (optional)
Fat-free sour cream (optional)
Chopped green onion (optional)
Fresh chopped cilantro (optional)

Mash one can of black beans with potato masher or food processor. Pour both cans of beans into medium saucepan. Add vegetable broth, salsa, and chili powder. Bring to a boil and allow to heat thoroughly. Ladle soup into 4 individual bowls. If desired top with shredded cheese, sour cream, onion, and cilantro. Makes four low-fat servings of vegetarian black bean soup.

Nutritional Information (excluding optional ingredients): Calories: 213, fat: 2.7g, fiber: 11g.

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