

# Black Bean Soup



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## What You Need

*This soup freezes well for quick lunches!*

**Makes 8 Servings**

1 tbsp. oil  
1 large onion, diced  
1 cup ham, diced (optional)  
1-19 oz (540 ml) can black beans, drained and rinsed  
1-19 oz (540 ml) can stewed tomatoes, blended in food processor/blender  
1 cup frozen corn  
¼ cup brown rice, uncooked

1 Litre (4 cups) water  
1 tbsp. lime juice  
2 tsp. Brown sugar  
1-4 tsp. Hot pepper sauce (depending on how spicy you like it!)  
½ tsp. Ground cumin  
¼ tsp. Ground ginger

## Per Serving

Calories 271  
Carbohydrates 44 g  
Protein 16 g  
Fat 5 g  
Dietary Fiber 9 g

## How You Prepare

In a large pot cook onion and ham (if you're using the ham) in oil until tender. Stir in the remaining ingredients and bring to a boil. Reduce heat and simmer covered for 1 hour or until rice is tender.