

Hearty Mexican Soup

Easy to make and delicious to eat, this hearty soup can be made in under an hour and will definitely warm you up on a chilly winter day!

Makes: 5 Servings

Prep Time: 10 minutes

Cook Time: 45 minutes

Source: MyPlate Kitchen

Ingredients

- 1 onion (small, chopped)
- 4 cloves garlic (minced)
- 1 can tomatoes, diced (14.5-oz can, low sodium, drained and rinsed)
- 2 cans black beans (15-oz can, low sodium, drained and rinsed)
- 2 potatoes (large, peeled and diced)
- 4 cups water
- 1/2 cup cilantro (fresh, chopped)
- 1/2 lime (squeezed)
- 1/8 teaspoon cumin powder (a pinch)

Directions

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories:	309
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	322 mg
Total Carbohydrates:	62 g
Dietary Fiber:	19 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	16 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Can opener
- Colander
- Peeler

SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$5.10

Average cost/serving: \$1.02

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion



Add 2 to Cart
Russet Baking Potatoes



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Fresh Cilantro (bunch)



Add 1 to Cart
Diced Tomatoes (No Salt Added), 14.5 oz



Add 1 to Cart
Lime



Add 2 to Cart
Black Beans (No Salt Added), 15.25 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Leftover cilantro? Freeze it to pull out and use for future meals! To freeze, simply wash cilantro, pat dry, and place into a zip-top freezer bag.

Similar Recipes

- Consider trying similar recipes found on snapedny.org, such as:
 - Beef Barley Soup
 - Beef & Vegetable Soup
 - Classic Chicken Soup
 - Slow Cooker Italian Vegetable Stew