



BLACK BEAN Soup

Get Cookin'

1. Open can of beans carefully. Pour beans and their liquid into a medium microwave safe bowl. Rinse can with a splash of water. Add water to bowl with beans.
2. Add pico de gallo, tomatoes, cumin, and hot sauce (optional) to the beans. Stir gently. Cover with paper towel.
3. Microwave on high heat for 2-3 minutes. Remove hot bowl from microwave with pot holders. Take off paper towel.
4. Stir and divide soup into 2 bowls. Top each bowl of soup with 1 teaspoon sour cream (if using). Serve right away.

Servings: **2**

Serving Size: **1** $\frac{1}{4}$ cups

Prep Time: **5** minutes

Cook Time: **3** minutes

What You Need

- 1 (15-ounce) can black beans, 50% less salt added
- $\frac{1}{2}$ cup fresh pico de gallo or salsa
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{2}$ teaspoon cumin
- 1-2 dashes hot sauce (optional)
- 2 teaspoons light sour cream, divided (optional)

Tip

You can use 2 cups homemade beans with cooking liquid instead of canned beans.