



# Puerto Rican-Style Black Bean Soup

## Ingredients:

- 1 tablespoon Jerk Seasoning\*
- 2 (15-16 ounce) cans of no-salt added black beans
- 1 ¼ cups canned low-sodium vegetable broth
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- Lime wedges
- Salt and pepper

## Directions:

1. Stir jerk seasoning in a dry saucepan over medium heat until color slightly darkens and fragrance is noticeable, about 4 minutes. Be careful not to directly inhale spice fumes.
2. Add black beans, vegetable broth and olive oil, use immersion blender to puree to desired consistency (or transfer mixture to blender or food processor).
3. Bring to a boil, stirring occasionally.
4. Add lime juice, and salt and pepper to taste. Serve with lime wedges.

**Serves 4**

**Serving size: 1 cup**

\* *Jerk Seasoning: 2 tablespoons dried minced onion, 2 ½ teaspoons dried thyme, 2 teaspoons ground allspice, 2 teaspoons ground black pepper, ½ teaspoon ground cinnamon, 1/8 teaspoon cayenne (more if desired), ¼ teaspoon salt (Makes about 3.5 tablespoons)*

| Nutrition Facts                 |         |                   |      |
|---------------------------------|---------|-------------------|------|
| Serving Size 1.00 cup(s) (167g) |         |                   |      |
| Amount Per Serving              |         |                   |      |
| Calories                        | 266     | Calories from Fat | 68   |
|                                 |         | % Daily Value     |      |
| Total Fat                       | 7.6g    |                   | 12 % |
| Saturated Fat                   | 1.1g    |                   | 6 %  |
| Trans Fat                       | 0.0g    |                   |      |
| Cholesterol                     | 0.0mg   |                   | 0 %  |
| Sodium                          | 134.5mg |                   | 6 %  |
| Total Carbohydrate              | 37.5g   |                   | 12 % |
| Dietary Fiber                   | 13.1g   |                   | 53 % |
| Sugars                          | 1.8g    |                   |      |
| Protein                         | 13.4g   |                   |      |
| Vitamin A                       | 0 %     | Calcium           | 4 %  |
| Vitamin C                       | 4 %     | Iron              | 18 % |



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