

Black Bean Soup

Adapted from: [University of Minnesota Extension Center for Family Development](#) staff; Real Life, Good Food

Description: 10 minutes preparation; 30 minutes cook time

Yield: 6

Serving Size: ⅙ of the recipe

Ingredients:

- 2 15-ounce cans black beans, rinsed and drained
- 1 10-ounce can tomatoes and green chilies
- 1 14.5-ounce can diced tomatoes
- 2 cubes chicken bouillon, dissolved in 2 cups warm water
- 1 15-ounce can corn or creamed corn (or locally-sourced corn when available)
- 2 Tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Directions:

1. In a large stockpot or saucepan, combine all the ingredients.
2. Stir to mix thoroughly and heat on the stovetop on medium until heated through. About 30 minutes.
3. Stir frequently and adjust heat so soup does not stick to the bottom or burn.
4. Serve at once. Refrigerate leftovers.

Notes:

- When in season, source local vegetables to serve in this recipe.

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