

Black Bean Soup

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-black-bean-soup-recipe>

Ingredients:

- 1 tablespoon olive oil
- 4 cloves garlic roughly chopped
- 3/4 cup carrots diced, about 2 med carrots
- 3/4 cup diced celery about 2 ribs
- 1 cup diced onion about 1 sm-med onion
- 2 cans black beans rinsed and drained
- 3 1/2 ounces green chilies
- 2 cans low sodium beef broth
- 1 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/2 teaspoon oregano leaves
- 1 bay leaf
- sour cream optional
- chopped cilantro optional
- tortilla chips optional
- grated cheese optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 9 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 740 milligrams
9. Sugar: 2 grams

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