

# Mexican Black Bean Corn Soup

Yield: 8 min  
Total Time: 45 min

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

## Ingredients:

- 1 onion large, diced
- 6 cloves garlic minced
- 3 stalks celery diced
- 2 carrots diced
- 5 cups vegetable broth homemade or low sodium
- 60 ounces black beans low sodium, or 7 cups cooked undrained
- 15 ounces sweet corn whole, drained, salt free, unsweetened
- 14 1/2 ounces fire roasted tomatoes diced
- 1 tablespoon cumin roasted, or regular cumin
- 1 1/2 teaspoons chili powder chipotle
- 1/2 teaspoon salt optional: we don't recommend added salt
- 1/2 teaspoon sugar or sweetener, if needed
- 1 lime small
- Fresh ground pepper to taste Fresh, to taste
- 1/2 bunch cilantro chopped to garnish, optional

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 58 grams
3. Fat: 1 grams
4. Fiber: 19 grams
5. Protein: 16 grams
6. Sodium: 1650 milligrams
7. Sugar: 5 grams

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