

Mexican Black Bean Soup

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 1 can black beans 2 cups of beans
- 2 tomatoes
- 1/2 white onion
- 2 garlic cloves
- 1/2 chipotle pepper
- 1 1/2 cups stock
- 1/4 teaspoon oregano
- 1/2 teaspoon salt
- black pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 19 grams
6. Protein: 21 grams
7. Sodium: 1670 milligrams
8. Sugar: 9 grams

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