

# Refried Bean Soup

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-refried-bean-soup-recipe>

## Ingredients:

- 1 onion diced
- 1 green bell pepper or red, diced
- 3 cloves garlic diced
- 1 tablespoon chipotle puree
- 1 teaspoon oregano
- 1 teaspoon cumin
- 2 cups chicken stock
- 1 can fire roasted tomatoes
- 1 can refried beans
- 1 can pinto beans or black, drained and rinsed

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. Sodium: 730 milligrams
8. Sugar: 4 grams

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