

Black Bean Boo-dle Halloween Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/witches-stew-halloween-recipe>

Ingredients:

- 45 ounces black beans about 6 cups, 425-g cans
- 4 cups vegetable broth 946 mL
- 2 large carrots
- 2 tablespoons olive oil 15 mL
- 4 cloves garlic minced
- 1 white onion medium, chopped
- 4 stalks celery chopped
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup apple cider vinegar 60 mL
- 3 ounces udon noodles 85 g, or other thick noodles
- avocado
- plain greek yogurt

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 81 grams
3. Fat: 9 grams
4. Fiber: 26 grams
5. Protein: 23 grams
6. SaturatedFat: 1 grams
7. Sodium: 2890 milligrams
8. Sugar: 6 grams

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