

Black Bean and Salsa Soup

D



Prep Time: 2

Have you ever tried Quinoa (pronounced Keen-wah)? Quinoa is usually found by rice in the grocery store and has high protein content, making it a healthful choice for vegetarians and vegans. It is a complete protein, with an essential amino acid balance close to the ideal ... similar to milk! Additionally, it is one of the most fiber rich grains, gluten-free and easy to digest. It is not sticky or heavy like most other grains.

3 cups no-salt added vegetable stock
1 1/2 cups uncooked quinoa
1 (15oz) can no-salt added black beans, undrained
3/4 cup low-sodium mild salsa
2 (4 oz) cans diced mild green chilies
1 1/2 cups no-salt added vegetable stock
1 teaspoon garlic powder
1 teaspoon ground cumin
3/4 cup reduced-fat shredded Mexican blend cheese
1 bunch green onions, diced (2/3 cup)

In a pot or large saucepan, bring 3 cups vegetable stock to a boil over medium-high heat. Add quinoa and reduce heat to medium and cook for 10-12 minutes. Then add un-drained black beans, salsa, green chilies, 1 1/2 cups vegetable stock, garlic powder and cumin.

Simmer the soup for 5 minutes, or until all ingredients are warm and the quinoa is cooked. Quinoa is cooked when it is translucent and the germ of the seed makes a white ring around the outside of the grain.

To serve, divide the soup into 11 bowls and sprinkle with the cheese and green onion.

Serves 11

Calories 311; Fat 5.8g; Protein 14g; Carbohydrates 51g; Fiber 10g; Sodium 298mg

NOTES: _____

Total Cost: \$12.10

Cost Per Serving (11): \$1.10

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129

