

Sassy Sausage and Black Bean Soup

Serves 5

Serving Size: 1 bowl

Ingredients:

1 tablespoon vegetable oil

1 onion, chopped

2 cloves garlic, minced

1 (15 ounce) can black beans, undrained



1 (14.5 ounce) can stewed tomatoes

1 (10.5 ounce) can condensed beef broth

½ cup chunky salsa

½ cup water

12 ounces beef sausage (pork sausage)



¼ cup chopped fresh cilantro

Directions:

1. In a large saucepan over medium heat, combine the oil, onions and garlic. Saute for 8 minutes, or until tender. Add the beans, tomatoes with liquid, broth, salsa and water. Bring to a boil over high heat.
2. Cut sausage into ½ inch slices and stir into soup. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Ladle soup into bowls and sprinkle with cilantro.

Per Serving 283 calories, 21.3g fat, 1534mg sodium, 1.7g fiber, 12.5g protein, 7% DV (daily value) for vitamin A, 16% DV for vitamin C, 6% DV for calcium and 27% DV for iron.

TREASURE BOX ITEMS=

