

Bush's Best Black Bean Soup

Bush's Beans

Yield: 6 cups

2 cans (15 ounce ea) Bush's Black Beans OR Reduced Sodium Black Beans, undrained

1 can (16 ounce) reduced sodium chicken broth

1/2 cup salsa

1 tablespoon chili powder

shredded cheese (optional)

sour cream (optional)

chopped onion (optional)

cilantro (optional)

Preparation Time: 5 minutes

Cook Time: 15 minutes

Mash one can of beans with a potato masher or food processor.

Pour both cans of beans into a medium saucepan.

Add the chicken broth, salsa and chili powder. Bring to a boil.

If desired, top with shredded cheese, sour cream, onion and cilantro.

Per Serving (excluding unknown items): 60 Calories; 2g Fat (19.1% calories from fat); 3g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 638mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	60
% Calories from Fat:	19.1%
% Calories from Carbohydrates:	66.9%
% Calories from Protein:	14.0%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	5g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
-----------------	-----

Protein (g): 3g
Sodium (mg): 638mg
Potassium (mg): 420mg
Calcium (mg): 60mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 3399IU
Vitamin A (r.e.): 339 1/2RE

Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 60 Calories from Fat: 11

% Daily Values*

Total Fat	2g		2%
Saturated Fat	trace		1%
Cholesterol	0mg		0%
Sodium	638mg		27%
Total Carbohydrates	12g		4%
Dietary Fiber	5g		19%
Protein	3g		
<hr/>			
Vitamin A			68%
Vitamin C			38%
Calcium			6%
Iron			13%

* Percent Daily Values are based on a 2000 calorie diet.