

Fast & Fantastic Black Bean Soup

KraftRecipes.com

Servings: 2

1 cup fat-free reduced-sodium chicken broth

1 can (15 ounce) black beans, drained and rinsed

1/4 cup thick n chunky medium salsa

2 ounces Velveeta cheese, cut into 1/2-inch cubes

sour cream (for garnish)

chopped green onions (for garnish)

Preparation Time: 10 minutes

In a blender, place the broth, beans and salsa. Blend for 1 minute or until smooth.

Pour the mixture into a medium saucepan. Cook on medium heat for 5 minutes or until heated through, stirring occasionally.

Add the Velveeta. Cook for 1 minute or until melted, stirring constantly.

Garnish each serving with a dollop of sour cream and a light sprinkling of green onions.

Start to Finish Time: 16 minutes

You can substitute two singles of sliced cheese for the Velveeta.

Per Serving (excluding unknown items): 331 Calories; 1g Fat (3.7% calories from fat); 21g Protein; 60g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	331
% Calories from Fat:	3.7%
% Calories from Carbohydrates:	71.6%
% Calories from Protein:	24.8%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	60g
	15g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	431mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

4
1

Dietary Fiber (g):
 Protein (g): 21g
 Sodium (mg): 5mg
 Potassium (mg): 1439mg
 Calcium (mg): 119mg
 Iron (mg): 5mg
 Zinc (mg): 4mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 16IU
 Vitamin A (r.e.): 2RE

Grain (Starch):
 Lean Meat: 1
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 331 Calories from Fat: 12

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	60g	20%
Dietary Fiber	15g	59%
Protein	21g	

Vitamin A	0%
Vitamin C	0%
Calcium	12%
Iron	27%

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