

Black Bean Soup with Chorizo and Lime

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Servings: 4

2 teaspoons olive oil, divided
3 ounces Spanish chorizo, quartered lengthwise and cut into 1/2-inch pieces
1 cup onion, chopped
1 cup red bell pepper, chopped
2 teaspoons fresh oregano, chopped
2 teaspoons garlic, minced
1 teaspoon ground cumin
1/2 teaspoon chipotle chile powder
1/4 teaspoon salt
2 cups unsalted chicken stock
2 cans (15 ounce ea) unsalted black beans, rinsed, drained and coarsely mashed
1 tablespoon fresh lime juice
1/4 cup reduced-fat sour cream
1/4 cup fresh cilantro, chopped

Heat a large saucepan over medium heat. Add one teaspoon of oil to the pan and swirl to coat. Add the chorizo and cook for 3 minutes, stirring occasionally. Remove the chorizo from the pan (do not wipe the pan).

Add the remaining one teaspoon of oil to the pan and swirl to coat. Add the onion and bell pepper. Cook for 3 minutes, stirring occasionally. Stir in the oregano, garlic, cumin, chile powder and salt. Cook for 30 seconds.

Stir in the stock and beans. Bring to a boil. Reduce the heat and simmer for 3 minutes. Stir in the cooked chorizo and juice.

Ladle 1-1/4 cups of soup into each of four bowls. Top each serving with one tablespoon of sour cream and one tablespoon of cilantro.

Slightly mashing the beans releases starch into the broth and gives the soup a creamy texture.

Per Serving (excluding unknown items): 51 Calories; 3g Fat (41.5% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	.2mg
% Calories from Fat:	41.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	51.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	17mcg
			trace

Saturated Fat (g): trace
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 7g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 137mg
Potassium (mg): 154mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 75mg
Vitamin A (i.u.): 2197IU
Vitamin A (r.e.): 219 1/2RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 51 **Calories from Fat:** 21

% Daily Values*

Total Fat 3g 4%
 Saturated Fat trace 2%
Cholesterol 0mg 0%
Sodium 137mg 6%
Total Carbohydrates 7g 2%
 Dietary Fiber 2g 7%
Protein 1g

Vitamin A 44%
Vitamin C 126%
Calcium 2%
Iron 4%

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