

# **Black Bean and Sweet Potato Soup**

This easy and delicious soup recipe is bursting with nutrients! The sweet potatoes make it an excellent source of vitamin A and potassium, while the black beans contribute protein, fibre, iron, magnesium, and potassium. Kick it up a notch by topping your bowl with diced avocado and a squeeze of lime juice!

### Prep: 10 minutes • Total: 50 minutes

## **Ingredients:**

Olive oil	2 Tbsp	30 mL
Yellow onion, diced	1 large	1 large
Garlic, minced	1 clove	1 clove
Cumin	2 tsp	10 mL
Ground coriander	1 tsp	5 mL
Sweet potatoes, chopped	6 cups	1500 mL
Salt-free vegetable stock	2 cups	500 mL
Water	2 cups	500 mL
Cooked black beans	4 1/3 cups	1083 mL

#### **Directions:**

- 1. In a large stock pot, heat up the olive oil and add in the chopped onion, then reduce the heat to low. Sauté for about 5 minutes, or until onion turns translucent.
- 2. Add the garlic and spices, and continue to cook for 1 minute.
- 3. Next add in the chopped sweet potato, vegetable stock and water. Bring a boil then reduce heat. Add 2 cups of cooked black beans then cover with a lid and let simmer for about 25 minutes, or until the sweet potato is soft.
- 4. Meanwhile puree the other 2 cups of black beans in a food processor (add water to smooth it out, if necessary) then stir the puree into the soup.
- 5. Serve topped with diced avocado, plain Greek yogurt, a squeeze of lime juice, and/or cilantro.

# **Nutrition Facts**

Serving Size (368g) Servings Per Container

Amount Per Serving		
Calories 350	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fat	1g	5%
Trans Fat 0g		
Cholesterol 0mg	3	0%
Sodium 125mg		5%
Total Carbohyd	rate 61g	20%
Dietary Fiber 1	16g	64%
Sugars 7g		

### Protein 14g

Vitamin A 380%	•	Vitamin C 8%
Calcium 10%	•	Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grai	m·		

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: onehealthymunchkin.blogspot.ca

## Makes 6 servings (368 g / serving) • 1 serving = approx. 2 cups

Prepared By: Jennifer Broxterman, Registered Dietitian & Chelsea Allen, BScH Foods & Nutrition student NutritionRx • Email: info@nutritonrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca