



Dose  of Nutrition

Black Bean Soup

BY HUMA NAZ



About 4
serving



Total time:
35 mins.



Vegetarian

INGREDIENTS

- 1 can of black beans (15 oz)
- 2 cups of vegetable broth
- 1 cup tomato sauce
- 1/4 cup onions, chopped
- 1/4 cup bell peppers, chopped
- 1/2 cup carrots, chopped
- 1/3 cup celery, chopped
- 1/4 tsp ground turmeric
- 1/4 tsp chili powder
- 1/4 tsp ground cumin
- 1/2 tsp ground pepper
- 2 tsp minced garlic
- 1 tbsp oil
- cilantro, lemon wedge for garnish
- 1 1/2 scoops of organic fiber potency +

PROCEDURE

01

Heat up oil in a pot. Add spices, minced garlic, and onion. Sauté the onions for about 2 minutes on medium to low heat. Toss in bell peppers, celery, and carrots. Stir well to combine ingredients.

02

Add tomato sauce, vegetable broth, and beans into the pot. Stir well.

03

Bring the soup to a boil then let the soup simmer on low heat with a lid covering half of the pot for about 30 minutes stirring occasionally in between time. Add the organic fiber potency + and stir well. Let it simmer a few more minutes if carrots need to soften a bit more.

04

Pour soup into serving bowls, garnish with lemon wedge and cilantro. Enjoy warm!

RECIPE NOTES

You can store extra soup in the fridge for 3-5 days or portion and freeze in freezer bags to enjoy later.

FOR YOUR DAILY DOSE OF RECIPES, PLEASE VISIT
WWW.DOSEOFNUTRITION.COM