

Pinto Bean Soup

Number of servings: 4

Nutrition Info

Calories: 127
Fat: 4.1 g
Carbohydrates: 19.1g
Protein: 6g
Fiber: 5.3g

Ingredients

1 tbsp olive oil
1 ½ cups onion, chopped
2 large cloves garlic, minced
2 tsp chili powder
3 cups low sodium chicken broth
1 (14.5 oz) can diced tomatoes, undrained
1 (15 oz) can low sodium pinto beans
½ cup cilantro, chopped
1 lime
½ tsp salt
1 bay leaf
Cayenne pepper

Directions

- Heat the oil in a large soup pot over med-high heat. Add onion and sauté until it begins to brown, 5 minutes. Add the garlic and curry power and sauté 1 minute.
- Add the broth, beans, and bay leaf. Bring to a boil. Cover, reduce heat to med-low and simmer for 15 minutes.
- Stir in the cilantro, lime juice, and add cayenne to taste.

Serve with brown rice and a simple side salad

Courtesy of: Chef Ivy Manning

<http://ivymanning.com>

