

Black Bean and Kale Soup

Ingredients:

1 tablespoon olive oil
1 onion, diced
¼ teaspoon garlic powder
4 cups (1 quart) reduced-sodium chicken broth
2 15-ounce cans black beans
2 cups frozen chopped kale
Brown rice (optional)
Avocado (optional)

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the diced onions and cook until they are soft and see-through, about 7-8 minutes.
2. Pour in the chicken broth, the beans with their liquid, and the kale. Add the garlic powder and the no-salt creole seasoning. Stir until well mixed. Bring to a low boil, then turn the heat down to a simmer. Cover the pot and cook until everything is heated through, about 25 minutes. Stir occasionally.
3. Serve over brown rice or top with cheese or avocado, if desired.

Serves: 6-8

Prep time: 3 minutes

Cook Time: 30 minutes

Source: Food Network

Nutrition Facts

6-8 servings per container

Serving size 2 cups (415g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 26g 9%

Dietary Fiber 9g 32%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 173mg 15%

Iron 3mg 15%

Potassium 362mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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