



Black Bean Soup



Less is more flavor! This simple yet flavorful black bean soup draws upon Italian and southwestern influences.

1 medium onion, chopped (1/2 cup)	1
1 large garlic clove, finely chopped	1
1 slice bacon, cut into pieces	1
3 cups Progresso® chicken broth (from 32-oz carton)	3
1 cup water	1
1 medium carrot, coarsely chopped (1/2 cup)	1
1 medium celery stalk, coarsely chopped (1/2 cup)	1
½ cup dried black beans (4 oz)	1/2
2 tablespoons chopped fresh parsley	2
1 teaspoon dried oregano leaves	1
¼ teaspoon crushed red pepper	1/4
4 lemon wedges	4

1. Cook onion, garlic and bacon in 3-quart nonstick saucepan over medium heat about 3 minutes, stirring occasionally, until onion is tender.
2. Stir in remaining ingredients except lemon wedges. Heat to boiling; boil 2 minutes. Reduce heat; cover and simmer about 2 hours or until beans are tender.
3. Place 1 cup of the soup in blender container. Cover and blend on high speed about 30 seconds or until of uniform consistency; stir into remaining soup mixture. Serve with lemon wedges.

Makes 4 servings (about 3/4 cup each)

Nutrition Information:

1 Serving (1 Serving) Calories 125 (Calories from Fat 20), Total Fat 2 g (Saturated Fat 1 g, Cholesterol 0mg, Sodium 810 mg, Total Carbohydrate 21 g (Dietary Fiber 5 g, Protein 10 g, Percent Daily Value*: Calcium , Exchanges: 1 Starch; 1 Vegetable; 1/2 Lean eat.*Percent Daily Values are based on a 2,000 calorie diet.