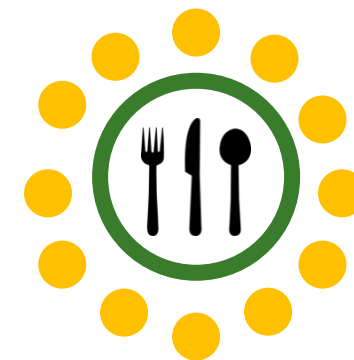


recipe of the week:

Black Bean Soup



ingredients:	directions:
1 medium onion (diced)	1. Spray large pot with cooking spray.
1 Tbsp. garlic (jarred, minced)	2. Add onion & cook 5 minutes.
2 Tsp. ground cumin	3. Add garlic, cumin & jalapeno & cook 1 minute more.
1 jalapeno (chopped)	4. Add beans to pot and lightly mash with a potato masher or fork.
2 16oz. Canned black beans (undrained)	5. Add tomatoes & broth. Bring to a boil.
1 15 oz. canned diced tomatoes (undrained)	6. Reduce to medium heat, cover and simmer for 15 minutes.
1 cup chicken broth	7. Serve topped with chopped fresh cilantro (optional).
Cilantro (optional)	

Presented by:

