

**COMPLIANT SPICY BLACK BEAN SOUP**

This is a fat free recipe. You will be cooking in soup stock or water rather than oil.

**Ingredients:**

* 1 large red onion, diced
* 3 garlic cloves, chopped fine
* 1 jalapeno pepper, diced fine
* 1 small can chopped green chilies
* Water or LOW SODIUM SOUP STOCK
* 1 small can diced tomatoes
* 3 cans black beans, rinsed (or) 1 cup dried black beans soaked and boiled before hand
* 2 Tbs. cumin powder
* 1 Tbs. no salt seasoning
* ¼ cup fresh cilantro, chopped

**Method:**

1. Cover the bottom of a large soup pot with water or soup stock. Add onions and cook on medium low (4) for about 10 minutes stirring occasionally.
2. Add garlic, jalapeno, chopped chilis and about a cup of soup stock and cook for another 5 minutes.
3. Add the tomatoes, beans, cumin, no salt seasoning and fill with soup stock and cook for 10 minutes.
4. Add cilantro and heat through.
5. You can serve it as a soup or over brown rice for a meal.
6. This soup freezes really well so you can freeze it in individual serving sizes.