

Black Bean Tortilla Soup

Optional toppings contain milk

Makes 6 cups

Ingredients:

- 1 TBSP neutral oil (olive, canola, avocado)
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 green pepper, diced
- 1 TBSP chili powder
- 1 ½ tsp cumin
- 1 tsp salt
- 1 tsp pepper
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 2, 14 oz. cans fire roasted diced tomatoes
- 1, 15 oz. can chickpeas, drained
- 2, 15 oz. cans black beans, drained
- 1, 15 oz. can corn, drained
- 1 cup vegetable broth
- ¼ cup cilantro, finely chopped

Optional Toppings:

- o Corn tortilla chips
- o Shredded cheese*
- o Diced avocado
- o Jalapeno slices
- o Sour cream*
- o Cilantro
- o Lime wedges

Instructions:

1. Heat 1 TBSP oil in a large pot over medium heat.
2. Add diced onion, minced garlic, and diced green pepper to the pot. Cook until the onion is soft and translucent, about 5 minutes.
3. Stir in seasonings and cook for 1 minute.
4. Stir in fire roasted diced tomatoes, black beans, chickpeas, corn, and vegetable broth. Cover and let simmer for about 15 minutes.
5. Stir in cilantro.
6. Ladle soup into bowls. Top soup with tortilla chips and desired toppings.



Black beans are known for providing a lot of nutrition in teeny-tiny packages! They are an excellent source of plant-based protein essential for muscle development and repair. Their high fiber content, combined with protein, contributes to prolonged **satiety** and sustained focus throughout the day!

With a longstanding history in Central and South America, black beans have been consumed for thousands of years. Today, they continue to be a dietary mainstay in countries such as Mexico, Brazil, Cuba, and Costa Rica, where they are frequently paired with rice as part of traditional meals.

Today we:

- Discussed the benefits of black beans: protein & fiber
- **Satiety** - feeling satisfied and energized between meals
- Practiced precise dry measuring techniques



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