



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Spicy Black Bean Soup

Serves 8

Ingredients:

- 4 TBSP olive oil
- 1 red onion (chopped)
- 2 red bell peppers (chopped)
- 1 green bell pepper (chopped)
- 2 cloves garlic (minced)
- 4 cups low-sodium vegetable broth
- 4, 15-ounce cans black beans (drained and rinsed)
- 2, 15-ounce cans chopped tomatoes (no added salt)
- 4 TBSP red wine vinegar
- 2 tsp oregano
- 2 tsp cumin
- 1/2 tsp cayenne pepper
- Optional: 1/4 diced avocado on top of each serving, salt and pepper to taste



Directions:

1. In a large pot or dutch oven, heat oil, peppers, and onion over medium heat for 5 minutes or until onions begin to soften and become translucent.
2. Add garlic and sautee for another minute.
3. Add broth, black beans, tomatoes, and red wine vinegar. Stir well and bring to a simmer.
4. Add the oregano, cumin, cayenne, salt and pepper. Allow soup to simmer about 15 minutes or until vegetables are tender.
5. Portion out 3 cups worth of the soup into a food processor or blender. Puree until smooth and stir back into the rest of the soup pot.

Nutrition Tips:

1. Black beans are a great way to add plant-based protein to your diet. Unlike animal meat, they are also low in saturated fats.
2. Black beans are also an excellent source of soluble fiber. Because it is water-soluble, this type of fiber soaks up fluid in the intestines and forms a gel that binds to harmful LDL cholesterol and carries it out of the body. Because soluble fiber takes longer to break down, it also slows down stomach emptying which helps regulate blood sugar and make you feel fuller for longer.
3. The bland flavor of black beans allows them to take on the flavor of other recipe ingredients such as onion, garlic, cumin, and cayenne.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.