Black Bean & Pumpkin Soup

Ingredients:
3 15 oz. cans black beans
1 16 oz. can diced tomatoes
1 1/4 cups onion, chopped
4 cloves garlic, chopped
2 Tbsp. olive oil
2 Tbsp. ground cumin
1/2 tsp. pepper
4 1/2 cups low fat, low sodium beef broth
1 16 oz. can pumpkin puree
1/2 lb. chopped ham
4 Tbsp. apple cider vinegar

Directions:
1. Puree beans and tomatoes in blender, set aside.
2. In a large pan heat oil. Add onion, garlic, cumin and pepper and cook until lightly browned.
3. Stir in bean/tomato puree, beef broth and pumpkin.
4. Let simmer 25 minutes, or until thick enough to coat back of spoon.
5. Add ham and vinegar; stir until heated through.

Yields about 14 servings

Source:
Recipe from Cooking Together for Family Meals Teaching Guide, Year 2, 2/18/08. Pat Thonney, FNEC Finger Lakes Region and Division of Nutritional Sciences, Cornell University.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>600mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000
Total Fat: 2.5g
Saturated Fat: 1g
Cholesterol: 300mg
Sodium: 1200mg
Total Carbohydrate: 60g
Dietary Fiber: 25g

25% calories from fat