

Black Bean and Rice Soup

A serving of this soup is a very high source of fibre. Alberta Health Services recommends choosing foods with at least 2 grams of fiber per serving. The whole grain brown rice, vegetables and black beans all increase the amount of fiber in this soup.



Ingredients:

1 cup	Brown rice, dry	250 mL
2 cups	Water	500 mL
2 Tbsp	Canola oil	30 mL
1 medium	Onion, diced	1 medium
2 cups	Canned diced tomatoes	500 mL
2 cups	Canned or frozen corn	500 mL
1–14 ounce can	No salt added black beans, rinsed and drained	1–398 mL can
2 tsp	Salt	10 mL
1 tsp	Pepper	5 mL
2 tsp	Garlic powder	10 mL
1 tsp	Ground cumin	5 mL
6 cups	Water or low sodium vegetable broth	1.5 L
1 cup	Parsley, minced	250 mL
1 large	Fresh lime cut into wedges	1 large

Directions:

1. In a heavy pan, mix rice and 2 cups of water. Bring to a boil, lower heat, cover and cook until all the water is absorbed (20 to 30 minutes).
2. Remove rice from heat, fluff with a fork, cover and set aside.
3. In large pot, heat oil; add diced onion and sauté until onion is soft. Add tomatoes, corn, black beans, salt, pepper, garlic powder and cumin. Add water or broth; cover and bring to a boil.
4. Add rice to the pot; simmer for another 10-15 minutes until rice is fully cooked. Add minced parsley.
5. Serve soup hot with lime wedges.

Makes 6 servings (500 mL/ 2 cups/ 585 g)

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Nutrition Facts	
Per 1/6 of recipe (500 mL/ 2 cups/ 585g)	
Amount	% Daily Value
Calories 220	
Fat 6 g	9 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 430 mg	18 %
Carbohydrate 38 g	13 %
Fibre 7 g	28 %
Sugars 4 g	
Protein 4 g	
Vitamin A	60 %
Vitamin C	50 %
Calcium	0 %
Iron	15 %

Nutrient Claim	Amount per serving
Very high in fibre	7 g
Low in saturated fat	0.5 mg
Very high in potassium	563 mg
Source of calcium	75 mg
Very high in magnesium	67 mg
Very high in folate	69 mcg
Source of iron	1.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish–Soup, broth-based) according to the Alberta Nutrition Guidelines.