

Southwest Black Bean & Twisted Lime Soup

Ingredients

1

LeafSide Black Bean & Chunky Tomato soup

1 can (15oz)

black beans with liquid *(recommend unsalted)*

1 can (15oz)

chopped tomatoes with juice *(recommend unsalted)*

1 teaspoon

cumin

1/4 teaspoon

oregano

2 tablespoons

lime juice

top with as much as desired

plant based yogurt/sour cream† *(recommend unsweetened)*

top with as much as desired

chopped green onions

Relax with a steaming bowl of this hearty, tangy soup that has just the right amount of spice to warm your soul. In just 20 minutes, you'll have full-bodied flavors that seem like they've been simmering all day. Say goodbye to sodium-laden canned soups and hello to the bright, healthy, sunny taste of the southwest!

Makes 4 Servings

PREP TIME: 15 minutes • COOK TIME: 5 minutes

wheat free

◇ **Tools Needed:** large serving bowl or pot, microwave or stove

1. Prepare LeafSide's Black Bean & Chunky Tomato soup as directed.
2. While that steeps, add beans & liquid, tomatoes, cumin, oregano to a large serving bowl or pot. Stir well.
3. Add the prepared LeafSide meal to the bowl or pot and mix well; heat through in microwave or on stove.
4. Stir in lime juice. Top with yogurt or sour cream & green onions as desired.

Other suggested toppings: avocado, cilantro, red onions, hot sauce, salsa, corn, jalapeno, pepitas, bell peppers.



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Unique Whole Plant Foods



Add cooked rice or quinoa for a thicker consistency and to extend the servings further.

Don't Forget the Beans

All over the world, despite great differences in climate & culture, what's common to the diets of the longest-lived peoples? Beans! Legumes, chickpeas, black or white beans, or soybeans — all are packed with protein, complex carbs (prebiotics for your healthy gut), essential vitamins & minerals, and unique phytonutrients. As one example of the science: the largest analysis of diet and cancer ever done recommended a serving of beans with every meal to cut cancer risk. ³

† see recommended brands



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