



Enjoy the good taste and healthy benefits of sweet potatoes – both fresh and canned!

Sweet potatoes are an excellent source of vitamin C, vitamin A, potassium, and fiber.

Hearty Black Bean Soup

This tasty soup is a great source of vitamin A, vitamin C, and fiber!

Makes 6 servings

- 1 tablespoon canola oil
- 1/2 cup onion, chopped
- 1 tablespoon chili powder
- ½ teaspoon cumin (optional)
- 2 15 ounce cans black beans, drained and rinsed
- 1 15 ounce sweet potatoes, drained
- 3 cups water
- ½ cup canned diced tomatoes
- 2 tablespoons lime juice (optional)
- 4 tablespoons reduced-fat sour cream or plain yogurt (optional)



Directions

1. Heat oil in a large saucepan over medium heat.
2. Add onion and chili powder and cumin (if using). Cook, stirring constantly, 3-5 minutes.
3. Add beans, sweet potatoes, tomatoes, and water. Bring to a boil. Reduce heat and let simmer 20-30 minutes.
4. Stir in lime juice (if you are using it) and serve. Top each dish with two teaspoons of low-fat sour cream or plain yogurt, if you would like.

Recipe from: Greater Pittsburgh Community Food Bank

From The Interfaith Food Pantry
Katy Galton RD



Healthy Choices – Good for You!
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