

Recipe for

BLACK BEAN AND MUSHROOM SOUP

EQUIPMENT NEEDED Medium cooking pot with lid, stove top, mixing spoon, knife,
cutting board

SERVES 6 ESTIMATED COST \$8.00-\$11.00 COST PER SERVING \$1.80-\$1.30

INGREDIENTS

- 2 tbsp cooking oil (e.g. coconut, grapeseed, canola, avocado)
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 3 ea stalks celery, diced
- 1 cup carrots, cut lengthwise and sliced into ¼" moons (or 1 cup frozen carrots and peas)
- 1 cup mushrooms, sliced (or 1 cup frozen mushrooms)
- 2 (12oz) can black beans, drained and rinsed
- 2 cups low sodium vegetable broth
- 2 cups kale, massaged and chopped
- To taste, salt and pepper

METHOD OF PREPARATION

1. In a medium pot over medium heat add the oil.
2. Reduce to low and add the onion and a dash of salt. Sauté for 5 minutes, or until translucent.
3. Add the garlic and a dash of salt. Sauté for 3 minutes, or until fragrant.
4. Add the celery and carrots. Sauté for 5 minutes, or until fragrant.
5. Add the mushrooms, black beans, and vegetable broth. Cover with a lid and let simmer for 20-30 minutes.
6. Stir in the kale.
7. Let cool for 10 minutes, enjoy!

*Save in the refrigerator for 5 days, or in the freezer for up to 3 months!

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NUTRITION INFORMATION

Nutrition Facts

Serving size: 2 cups

Servings: 6

Amount per serving

Calories **296**

% Daily Value*

Total Fat 5.5g 7%

Saturated Fat 4.2g 21%

Cholesterol 0mg 0%

Sodium 164mg 7%

Total Carbohydrate 48.5g 18%

Dietary Fiber 11.3g 40%

Total Sugars 3.7g

Protein 15.5g

Vitamin D 42mcg 210%

Calcium 125mg 10%

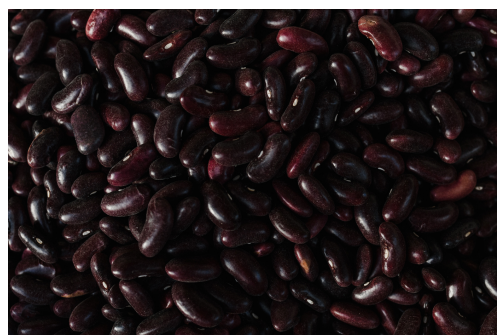
Iron 4mg 23%

Potassium 1217mg 26%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

HEALTH BENEFITS

Black beans: Black beans are packed with fiber, folate, vitamin B1, and iron. Fiber works to support the health of the digestive system and can help regulate blood sugar levels. Vitamin B1 is involved in converting the food we eat into energy, and in the function of cells. Try black beans in a taco, wrap or bean burger.



HEALTH BENEFITS

Mushrooms: Mushrooms are a great source of B vitamins, copper, potassium, and vitamin D. Vitamin D is necessary for the absorption of calcium into the small intestines, and is important for bone health. Mushrooms have also been shown to have anti-inflammatory properties. Try mushrooms on a salad, in an omelet, or roasted with vegetables.



References:

1. Recipe provided by Kristin Schaefer

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