

BLACK BEAN SOUP

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 tsp olive oil	2 onions, chopped
2 jalapeño peppers, seeded, de-veined & chopped (wear gloves to avoid irritation)	1 clove garlic, minced
1 15 oz can black beans, rinsed/drained	1 C water
2 C low-sodium chicken broth	1 tsp ground coriander
1 tsp ground cumin	1 tsp lime juice
2 TBS dry sherry	2 TBS chopped cilantro
1/2 tsp salt	
1 small onion or 2 scallions, minced	

DIRECTIONS:

In medium nonstick saucepan, heat oil. Sauté chopped onions, jalapeños & garlic till softened (about 5 minutes). Stir in beans, broth, cumin, coriander + 1 C water - bring to boil. Reduce heat & simmer, covered, till flavors are blended (about 45 minutes) - remove from heat - stir in sherry, lime juice & salt. Cool slightly.

Transfer soup to food processor or blender - purée. Pour back into saucepan and heat to serving temperature. Serve, topped with minced onion & cilantro. [Add a bit more sherry when serving, if desired - JWF]

Makes 4 servings

(per serving - without extra sherry: 207 calories; 4g total fat; 1g saturated fat; 0mg cholesterol; 292mg sodium, 31g total carbohydrates; 7g dietary fiber; 11g protein, 78mg calcium - WW points per serving: 4)