

Chili-lime Black Bean Soup*

Servings: 6 | Prep/cook time: 40 minutes

Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 1 medium, jalapeño, minced and seeded
- 1 tbsp. garlic, minced
- 1 tsp. salt
- 1½ tsp dried oregano
- ½ tsp ground cumin
- 1 tsp. chili powder
- ⅛ tsp. cayenne pepper
- 60 oz. can of black beans, rinsed and drained
- 2 cups reduced-sodium chicken broth
- 2 tbsp. fresh lime juice
- 3 tbsp. plain low-fat greek yogurt
- ¼ cup cilantro, chopped
- ¼ cup green onions, chopped



Directions:

1. Heat oil in a large nonstick soup pot over medium heat. Add onion, jalapeno, garlic and salt; cook, stirring occasionally, until onions are softened, about 5 to 10 minutes. Add oregano, cumin, chili powder and cayenne; stir and cook 1 minute. Add beans and broth to pot; bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for flavors to blend, about 10 minutes; stir in lime juice.
2. Remove from heat and puree soup in pot using an immersion blender (or puree in a regular blender in batches). When serving, stir ½ tablespoon yogurt into each bowl and garnish with cilantro and scallions. Yields about 1 cup per serving.

**This recipe comes from WW. 1-5 PersonalPoints™ per serving*

