



Cuisine Santé Black Bean Soup (Gluten Free)

YIELD 8 SERVING

Ingredients

- 1 lb Black beans, softened
- 1 gal Water
- 1 ea Anaheim pepper
- 1 oz Onions, diced
- 1 oz Tomatoes, freshly chopped
- 2 oz Extra Virgin Olive Oil
- 2 oz HACO-Swiss Cuisine Santé Beef Flavored Stock

Preparation

Roast the Anaheim pepper at 350°F for 15 minutes, once ready peel, deseed and dice the pepper. Bring 1 gallon of water to a boil; add 1 lb of black beans and let cook until beans are tender. Then add Cuisine Santé Beef Flavored Stock. Sauté the diced onions, tomatoes and pepper in the Extra Virgin Olive Oil on medium heat. Incorporate the sautéed ingredients in the soup and simmer about 5 minutes while stirring occasionally.

Setting

Garnish with roasted pepper or Chef's choice.

Specialty Ingredients

- #720 HACO-Swiss Cuisine Santé Beef Flavored Stock
- Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g) Servings 8 Calories 235 Fat Cal. 94 <small>* Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>	Total Fat 10g	15%	Total Carb. 29g
Sat. Fat 4g		20%	Fiber 5g	20%
Trans fats 0g			Sugars 1g	
Cholest. 6mg		2%	Protein 10g	
Sodium 206mg		8%		
Vitamin A 8%		Vitamin C 30%	Calcium 8%	Iron 20%