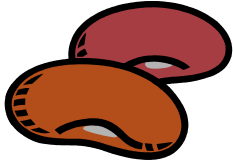




capitahealth
Metabolic & Weight Loss Center



Souper-Easy Mexican Bean Soup

Recipe adapted from www.lapband.com

Serving Size ¼ of recipe = 141 Calories, 13.5 g Protein

Ingredients:

1 onion, chopped
1 clove garlic, minced
½ (16 ounce) can kidney beans, drained
½ (16 ounce) can pinto beans, drained
1 (14.5 ounce) can Mexican style stewed tomatoes or diced tomatoes (do not drain)
Low-sodium chicken or vegetable broth or water

Directions:

Spray bottom of large saucepan with non-stick cooking spray. Sauté onion and garlic for 3-5 minutes. Add the rest of the ingredients, stirring until combined.

If soup needs to be thinned out, stir in a little vegetable broth, chicken broth or water. Serve when hot!

Remember to chew thoroughly before swallowing

