

Black Bean Soup with Smoked Turkey

Ready In: 55 minutes

Serves: 8

Ingredients

- 1 tablespoon Vegetable Oil
- 1 cup Onion chopped
- 1 cup Celery chopped
- 1 cup Carrot chopped
- 1 tablespoon Cumin
- 1 teaspoon Dried Oregano
- 3 cloves Garlic finely chopped
- 2 cups Water
- 1/4 teaspoon Salt
- 31 1/2 ounces Chicken Broth
- 30 ounces Black Beans
- 1/2 pound Smoked Fat-free Turkey Breast Deli Meat chopped
- 1/2 cup Bell Pepper chopped
- 1/4 cup Parsley Fresh, chopped
- Hot Sauce (optional)
- Sour Cream (optional)

** We recommend low-sodium canned goods whenever they are available**

Directions

1. In a stockpot, heat vegetable oil over medium heat. Add onion, celery, carrots, cumin, oregano, and garlic. Cook for 5 minutes.
2. Stir in water, salt, chicken broth, and beans. Bring to a boil and cover.
3. Reduce heat to low and simmer for 20 minutes or until carrots are tender. Stir in turkey, bell pepper, parsley, and hot sauce (optional). Cook for an additional 5 minutes until heated through.
4. Spoon into bowls and serve immediately, with hot sauce and sour cream on the side, if desired.