



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Black Bean Soup** (serves 4-5)

5 Slices Smoked bacon, finely chopped or use reduced -sodium bacon  
1 large onion chopped (about 1 and ¼ cup)  
3 garlic cloves, pressed or chopped  
½ (14 ½ ounce) can reduced-sodium chicken broth or 2 teaspoons  
Bouillon granules dissolved in 1 cup water  
1 teaspoon Worcestershire sauce  
2 teaspoons chili powder  
2 (15 ½ ounce) cans black beans drained but not rinsed  
¾ cup Stewed or chopped tomatoes (optional)  
Freshly ground pepper if desired  
1 teaspoon dried cilantro or ¼ cup chopped fresh cilantro or parsley  
Juice of ½ lime  
Thinly sliced scallions, for garnish  
1 T. Sour cream, for garnish or Low-Fat Sour Cream or Plain Yogurt  
2 T. Grated Cheddar cheese, for garnish

Sauté bacon in large saucepan and place over medium heat. Cook until crisp, about 4 minutes. Drain off fat. Stir in the onions and cook, stirring until they start to turn translucent, about 4 minutes, Stir in garlic and cook it about 1 minute more. Add the broth, tomatoes (if desired), Worcestershire sauce and chili powder. Stir in the beans, turn the heat to high and bring to a boil. Simmer the soup so it is bubbling gently and cook 10 minutes. Add pepper to taste.

Meanwhile, pick off all the thick stems from the cilantro or parsley. Wash it and shake dry. Chop the cilantro/parsley coarsely and stir it into the soup. Simmer about 5 minutes more. Stir in the lime juice and serve with garnishes.

**Note:** Turkey Bacon may or may not have less fat and sodium. Read the label.