



Sacks of Snacks



Offering a hand up, not a hand out
January 26, 2024

Welcome to this week's *Sacks of Snacks*. January is National Soup Month. This is a Black Bean Soup that can serve as the main dish of the meal. I am also preparing for Sensational Soup at the Aurora Public Library. You can enter your soup recipe by January 31st. Then, February 20th, you can test the soups that have been entered, receive the recipes, and gain more knowledge about the benefits of soup. Soup has many benefits. I read an article in U.S. News which referenced soup as the new salad. I could relate to the idea as I pivot toward warm dishes rather than a cold salad in chilly weather. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Extension - Nutrition
Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

BLACK BEAN SOUP

Servings: 5

2 tablespoons vegetable oil
1 onion, diced
2 carrots, diced
2 celery sticks, diced
4 garlic cloves, peeled & minced
1 teaspoon dried basil
1 teaspoon dried oregano

2 teaspoons chili powder (or more to taste)
3 (15.5oz) cans low-sodium black beans, drained and rinsed OR use
6 cups cooked (dried) black beans
8 cups water
1 cube chicken bouillon
1 lime, juiced or 1 teaspoon lime juice
Plain lowfat yogurt, optional

1. If using dried black beans, soak them overnight in cold water (about 8 hours). Rinse, place in large pot, and cover with cold water. Bring water to a boil and simmer until the beans are tender (about 30 minutes). Drain before adding to this recipe in step 3.
2. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
3. Add the beans, water, and bouillon cube. Increase the heat to high and bring to a boil. Then, turn the heat to low and cook about 2 ½ hours until the beans are very tender and the mixture is uniform in color.
4. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup.
5. Just before serving, squeeze the juice of ¼ lime or teaspoon lime juice on each serving and a tablespoon of yogurt.
6. Serve right away, or cover and refrigerate up to 5 days.

Quick Tips: Garnish black bean soup with lime slices, chopped fresh cilantro, basil leaves, or scallions.

Source: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Black Bean Soup>



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