



# EAT. MOVE. SAVE.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND  
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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# MEAL KIT.

## Black Bean Soup

Recipe adapted from University of Minnesota Extension

### Ingredients:

2 15-ounce can black beans, rinsed and drained  
10 ounce can tomatoes  
10 ounce can green chilies  
14.5 ounce can diced tomatoes  
2 cubes chicken bouillon, dissolved in 2 cups warm water  
15-ounce can corn  
2 tablespoons chili powder  
1 teaspoon ground cumin  
½ teaspoon garlic powder

### Directions:

Time needed: 10 minutes of preparation,  
30 minutes cook time

1. In a large stockpot or saucepan, combine all the ingredients except the pasta
2. Heat on the stovetop on medium, stirring occasionally, until heated through. About 15 minutes.
3. Add the pasta and simmer, uncovered for 9-12 minutes.
4. Serve at once. Refrigerate leftovers.

SERVES  
**4-6**