



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BLACK BEAN & CHICKEN SOUP

Time: 30 minutes

Serves: 6

Ingredients:

12 ounces smoked chicken sausage – sliced
1 medium onion – chopped
2 celery stalks – chopped
1 red bell pepper – chopped
2 medium carrots – chopped
4 cups chicken stock
14 ounce can black beans – rinsed and drained
1 teaspoon dried oregano
¼ teaspoon freshly ground black pepper
4 cups fresh baby spinach
1 tablespoon red wine vinegar

Preparation:

Preheat a large pot on medium-high then add the sausage. Cook for five minutes, stirring occasionally.

Add all remaining ingredients with the exception of spinach and wine vinegar. Turn heat to high and bring to a boil. Reduce heat to low, cover and simmer for ten minutes.

Turn off the burner then add spinach and red wine vinegar to the soup. Stir gently, cover and let stand for two minutes. Serve immediately.

Nutritional Information Per Serving:

Calories: 186
Fat: 5g
Carbs: 23g
Fibre: 8g
Protein: 15g