

# WONDERS OF WALKING

JUDY HELLER (ACE) :: PERSONALIZED COACHING :: WALKING :: VITALITY

LIVE LIVES OF PEACE, BALANCE, PASSION AND PURPOSE

Source: *21-Day Weight Loss Kickstart* by Neal Barnard, M.D.; recipe by Jason Wyrick of the Vegan Culinary Experience.

## Cuban Black Bean and Potato Soup

Serves 4

This soup may only serve two because everyone always goes back for seconds and sometimes thirds!

- 1 onion, diced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 6 cloves garlic, sliced
- 6 cups cooked black beans, low-sodium if canned
- Water
- 1 tablespoon ground cumin
- 1 tablespoon chopped fresh oregano leaves
- Bay leaf
- 2 tablespoons white wine vinegar
- 1/2 teaspoon salt
- 3 small potatoes, chopped
- Diced red onion for garnish

Sauté the onion, peppers, and garlic over medium heat until they are soft. Puree the onion, garlic, and peppers, creating what is called a sofrito. Add about half the beans and puree these with the sofrito plus enough water to create a semi-thick soup. Return this to the pot and add the remaining ingredients (except the potatoes and garnish). Bring the soup to a simmer. Add the potatoes and continue simmering until they're soft. Remove the bay leaf (or eat around it). Garnish with diced red onion.

*Making It Simple:* Forgo pureeing the onion, garlic, and peppers and simply leave them intact in the pan. Next, add 1 16-ounce can vegetarian refried beans and 2 16-ounce cans black beans instead of pureeing the beans as called for in the standard recipe. Add enough water to create a semi-thick soup and proceed as normal.

*The Gourmet Touch:* Use white balsamic vinegar instead of white wine vinegar.

Per serving:

- Calories: 407
- Fat: 1.9 g
- Saturated Fat: 0.3 g
- Calories from Fat: 3.9 g
- Cholesterol: 0 mg
- Protein: 20 g
- Carbohydrates: 80 g
- Sugar: 5 g
- Fiber: 26 g
- Sodium: 254 mg
- Calcium: 208 mg
- Iron: 7.5 mg
- Vitamin C: 63.4 mg
- Beta Carotene: 475 mcg
- Vitamin E: 0.7 mg