

Southwest Baked Bean Soup



Ingredients

398 mL	1 can beans in tomato sauce	14 oz
540 mL	1 can stewed tomatoes	19 oz
341 mL	1 can corn niblets, undrained	12 oz
250 mL	water	1 cup
5-7 mL	chili powder	1-1 ½ tsp
1 mL	oregano	1/4 tsp
1 mL	allspice or cumin (optional)	1/4 tsp
0.5 mL	cayenne (optional)	1/8 tsp
2	sliced green onions	2
125 mL	light sour cream or yogurt (optional)	½ cup

Yield: 4-6 servings

Directions:

In a medium size saucepan combine beans in tomato sauce, tomatoes, corn, water, chili powder, oregano, allspice and cayenne. Bring to a boil; reduce heat and simmer about 10 minutes stirring occasionally. Taste and adjust seasonings. Spoon into serving bowls and sprinkle with green onions or top with a dollop of sour cream and garnish with green onions. Serve with nacho chips or whole grain bread and cheese for a complete meal.

Nutrition information:

Per serving (1/4 recipe)	
Energy	196 kcal
Protein	8 g
Fat	1 g
Carbohydrates	46 g
Total Dietary Fibre	11 g
(6% Calories from Fats)	

Source: <http://ontariobean.on.ca/recipe/south-west-baked-bean-soup/> Reprinted with permission from The Ontario Bean Growers.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca



If you require this information in an accessible format, contact 1-800-841-2729.

Vegetarian Chili



Ingredients:

15 ml	vegetable oil	1 tbsp
2	cloves garlic, diced	2
125 ml	diced red onion	½ cup
1	package (12 oz/340 g) Mexican flavored vegetarian ground round	1
250 ml	diced green bell pepper	1 cup
2	cans (each 19 oz/540 ml) diced tomatoes	2
1	can (19 oz/540 ml) red kidney beans drained and rinsed	1
250 ml	grated carrots	1 cup
15 ml	dried parsley	1 tbsp
5 ml	hot pepper sauce	1 tsp
	freshly ground black pepper	
125 ml	shredded cheddar cheese	½ cup

Makes: 6 servings
Preparation time: 10 minutes

Nutrition information:

Per Serving

Calories	194 kcal
Fat	6.4 g
Sodium	587 mg
Carbohydrate	20.3 g
Fibre	6.8 g
Protein	14.6 g
Calcium	156 mg
Iron	4.1 mg

Directions:

1. In a large skillet, heat oil over medium heat. Sauté garlic and red onion until softened, about 5 minutes. Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated. Add green pepper and sauté for 2 to 3 minutes. Add tomatoes, beans, carrots, parsley, hot pepper sauce and pepper to taste; cook, stirring occasionally, for 10 minutes or until beans are heated through.
2. Ladle into serving bowls and sprinkle with cheese.

Variation:

Substitute a 12-oz (341 ml) can of peaches-and-cream corn, drained, for the carrots.

©2000. Dietitians of Canada. All rights reserved. Permission to reprint in its entirety. For noncommercial use only. www.dietitians.ca

© Les diététistes du Canada, ANNÉE. Tous droits réservés. Le document en entier peut être réimprimé. Pour un usage exclusivement non commercial. www.dietetistes.ca



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca

