

Farmers Market Fun Family Recipes

BLACK BEAN AND CORN SOUP



Serving Size: 1 Cup

Yield: 8 servings

Ingredients

15 ounce can black beans,
drained and rinsed

14½ ounce can low-sodium
Mexican stewed tomatoes,
undrained

14½ ounce can low-sodium
diced tomatoes, undrained

4 green onions, sliced

11 ounce can whole kernel
corn, drained

1 small green pepper, sliced

4 ribs celery, diced

3 Tablespoons chili powder

1 teaspoon ground cumin

1 garlic clove, minced

Instructions

1. Combine all ingredients in slow cooker.
2. Cover and cook on HIGH for 5 to 6 hours.





Nutrition information:

Calories: 120
Carbohydrate: 23 gm
Fiber: 7 gm
Fat: 2 gm
Protein: 6 gm
Cholesterol: 0 mg
Sodium: 480 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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