

# Southwestern Three-Bean Soup

## Ingredients:

1 tablespoon chili powder  
1 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/3 cup black beans  
1/2 cup pearl barley  
1/3 cup kidney beans  
1/3 cup great northern beans  
1 large onion, diced  
1 celery stalk, diced  
1 carrot, diced  
4 cups chicken broth  
3/4 teaspoon salt  
9 cups water

## Directions:

1. Mix chili powder, cumin, oregano, black beans, barley, kidney beans, and great northern beans.
2. Heat 1 tablespoon extra-virgin olive oil in a Dutch oven over medium heat. Add diced onion, celery stalk, and carrot, and cook, stirring occasionally, about 5 minutes or until softened.
3. Add 9 cups water, 4 cups broth, and the soup mix. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally. Season with 3/4 teaspoon salt.

## Nutrition Facts

Serving Size 1 1/3 cup (450g)  
Servings Per Container 6

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 4g	
Vitamin A 50%	Vitamin C 6%
Calcium 8%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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