



# Spicy Black Bean and Corn Chowder

6 Servings • 1 Serving = 1 ½ Cup

## INGREDIENTS

- 1 Tablespoon olive oil
- 1 cup yellow onion, diced
- 2 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon chipotle powder
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- 2 – 15 ounce can black beans, liquid reserved
- 1 cup sweet potato, peeled and diced
- 1 cup corn kernels
- 2 cups baby spinach leaves
- Juice of 1 lime
- Salt and pepper to taste
- Optional: cilantro (chopped), plain low-fat yogurt, salsa

## DIRECTIONS

1. Warm olive oil in a saucepan. Sauté onions until they begin to caramelize.
2. Add garlic, spices, and bell pepper. Sauté for about 5 minutes until the peppers begin to soften.
3. Add the beans with their liquid and bring to a simmer. If necessary, add water to adjust to a soup like consistency.
4. Add the sweet potato and corn. Simmer for 10 minutes or until the potatoes are tender.
5. Stir in the spinach, lime juice, salt, and pepper.
6. Garnish with cilantro, yogurt, and salsa.

## Nutrition Facts

6 servings per container  
Serving size 1 1/2 Cup

Amount per serving  
**Calories 200**

% Daily Value\*

Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 35g	13%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 2g Added Sugars	4%
<b>Protein 9g</b>	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 3mg	15%
Potassium 253mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[chefs.org](http://chefs.org)

@CHEFSanAntonio

