

# BLACK BEAN SOUP



FOOD AS HEALTH *Alliance*

University of  
Kentucky



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## FOR THE MANAGEMENT OF UPPER GI CANCERS

### INGREDIENTS

- 2 tablespoons olive oil
- 1 bag (14 ounces) frozen peppers and onions
- 1 bag (12 ounces) frozen cut carrots
- 1 jalapeño, seeded and chopped (optional)
- 2 cans low sodium black beans, drained and rinsed
- 1 box (32 ounce) low sodium vegetable broth
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 teaspoon oregano
- ½ teaspoon each salt and pepper
- Plain, fat free Greek yogurt and chopped cilantro for garnish (optional)

### INSTRUCTIONS

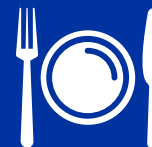
1. Heat 2 tablespoon olive oil in a large pot over medium heat.
2. Add frozen peppers, onion, and carrots.
3. Saute for 5-7 minutes or until the vegetables begin to soften.
4. Add in black beans, vegetable broth, cumin, paprika, oregano, salt, and pepper.
5. Simmer uncovered for about 15 minutes.

### TEXTURE MODIFICATIONS

1. Partially mash beans and vegetables with a potato masher or fork.
2. Puree in a blender, working in small batches to prevent splatter or burns.



MODIFIABLE TEXTURE



4 SERVINGS



30 MIN



# BLACK BEAN SOUP NUTRITION FACTS

## CHECK THE LABEL

### How can this soup be helpful in cancer support?

Many cancers can cause hypermetabolism, which can may lead to rapid weight loss and loss of lean body mass in some patients. Additionally, cancer and cancer treatments like chemotherapy and radiation may also cause reduced appetite, changes in taste, and nausea or vomiting. Together these symptoms put patients in danger of **cachexia** and **malnutrition**. It's important to recommend foods that are flavorful, nutrient and calorie dense, and high in protein. **Plant based protein** is an especially good choice because of the additional vitamins and minerals. This soup has 16g of protein to maintain muscle mass and 18g of dietary fiber to help keep digestion regular. It also provides more than 100% of the daily recommended Vitamin A and Vitamin C.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(649g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1190mg	<b>52%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 18g	64%
Total Sugars 10g	
Includes 2g Added Sugars	4%
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 6mg	35%
Potassium 913mg	20%

\*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.

### Why are beans a good choice?

Dysphagia is the medical term for difficulty swallowing, and it is a common symptom of cancers of the mouth, neck, and throat. This condition may make eating and drinking very difficult, which is a serious issue in patients already at risk of malnutrition. Beans are an excellent choice because, like meat, they are rich in protein and iron. However, beans can easily be mashed or blended to make swallowing easier.