Mexican Black Bean Soup

Cooking time: 40 minutes
HACCP Process #2 Same Day Service

Directions
1. Heat oil in a large pot over medium-high heat. Sauté the onion in the oil for 2 minutes. Add the tomatoes and cook, stirring, for 2 more minutes.
2. Add the beans with liquid, potatoes, and water. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes.
3. Add the cilantro, cumin, lime juice, and optional hot pepper sauce. Stir and cook for 10 minutes more.

CCP: Heat to 165°F or higher for at least 15 seconds.
CCP: Hold for hot service at 135°F or higher.
Serve 1 cup portions using an 8 ounce ladle or spoodle.
Mexican Black Bean Soup, continued

<table>
<thead>
<tr>
<th>Serving</th>
<th>Yield</th>
<th>Volume</th>
<th>Nutrients Per Serving</th>
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</thead>
</table>
| 1 cup   | 10 servings, about 5 pounds 8 ounces | 10 servings, about 2 quarts + 2 cups | Calories 131  
Total Fat 1.7 g  
Saturated Fat 0.3 g  
Cholesterol 0 mg  
Sodium 359 mg  
Carbohydrate 24 g  
Dietary Fiber 7 g  
Protein 6 g  
Vitamin A 56 IU  
Vitamin C 11 mg  
Iron 2 mg  
Calcium 78 mg |
| 20 servings, about 11 pounds | 20 servings, about 5 quarts | |  

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