



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP WINTER BLACK BEAN SOUP

Makes 4 Servings

### Ingredients

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)



### Directions

1. Prepare beans as directed.
2. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if desired. Cook and stir for 1 minute.
3. Add tomatoes, beans, and water. Bring to a boil. Reduce heat and simmer for 10 minutes (covered).
4. Remove from heat and stir in lime or lemon juice, if desired.
5. Garnish before serving.

#### TIPS:

- You can use 2 cans (15 ounces) reduced sodium black beans (rinsed) in place of the cooked black beans.
- Soup can be cooked in a slow cooker on low for 3-4 hours.
- Thin the soup by adding water. Thicken soup by cooking longer without the cover.

Recipe can be found at SNAP-Ed:  
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

## UPCOMING CLASSES

**In-person classes have been postponed till after May 16<sup>th</sup> due to the Coronavirus.**

### Family Gardening – To Be Determined

Ann Katt and Debbie Savage come together to teach about gardening and how to make use of the food from the Community Garden! Learn about the connection of seeds and plants, the foundation for nourishing gardens, and the importance of healthy plants and healthy bodies.

Classes will be held at 4:00 pm before Breaking Bread meals at the 12<sup>th</sup> Street Community Center. Dates will be decided on soon.

### Eat Smart Move More – May & June

Courtney Angelo will be instructing at Geary County Health Department. She will discuss how to eat more meals at home, eat healthy when eating out, and move more in your everyday routine. The Health Department will provide free activities for families at the sessions! Register with the Health Department at the front desk or call 785-762-5788. Classes will be held at 12:00 pm on Wednesdays May 20<sup>th</sup>, May 27<sup>th</sup>, June 3<sup>rd</sup>, June 10<sup>th</sup>, June 17<sup>th</sup>, June 24<sup>th</sup>.

### Grab-n-Go MEALS AVAILABLE FOR CHILDREN

Free Grab & Go meals will be available for all children ages 1-18, Monday through Friday, from 11:30 am – 12:30 pm. Each child will receive a lunch meal for that day plus a breakfast for the following morning. Any child is welcome to a meal regardless of full pay, reduced, or free status. The meal can be picked up at the following locations:

- 12th Street Community Center Parking Lot (1002 W. 12th Street)
- Dorothy Bramlage Public Library Parking Lot (230 W. 7th Street)
- Early Childhood Center Parking Lot (1803 Elmdale Avenue)
- Episcopal Church of the Covenant Parking Lot (314 N. Adams -Street)
- Grandview Plaza Community Center Parking Lot (402 State Avenue)
- Grant Avenue – Jim Clark (834 Grant Avenue)
- Konza Prairie Community Health Center Parking Lot (361 Grant Avenue)
- Highland Baptist Church Parking Lot (1407 St. Marys Road)
- Junction City Middle School Parking Lot (700 Wildcat Lane)
- Milford – City Building Parking Lot (201 12th Street, Milford, KS)
- Seitz Elementary School Parking Lot (27500 Rifle Range Rd)
- Spring Valley Elementary School Parking Lot (1601 Hickory Lane)

## WINTER BLACK BEAN SOUP NUTRITION INFORMATION

**1 out of 4 servings**  
**Serving Size: 1 ¼ cups**

<b>Calories</b> 240	<b>Sodium</b> 530 mg	<b>Protein</b> 13 g
<b>Total Fat</b> 3 g	<b>Total Carbohydrate</b> 42 g	<b>Vitamin D</b> 0 mcg
<b>Saturated Fat</b> 0 g	<b>Dietary Fiber</b> 13 g	<b>Calcium</b> 106 mg
<b>Trans Fat</b> 0 g	<b>Total Sugars</b> 13 g	<b>Iron</b> 5 mg
<b>Cholesterol</b> 0 mg	<b>Added Sugars included</b> 4	<b>Potassium</b> 669 mg

DEB ANDRES  
EXTENSION AGENT  
FAMILY AND CONSUMER SCIENCES  
785-238-4161  
DANDRES1@KSU.EDU

ANN KATT  
SNAP-ED NUTRITION ASSISTANT  
785-579-4726  
AMKATT1@KSU.EDU

COURTNEY ANGELO  
SNAP-ED NUTRITION ASSISTANT  
785-579-4726  
CJANGELO@KSU.EDU



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