Jamaican Black Bean Vegetable Soup

Heads Up: Using the bagged baby spinach will save you lots of prep time, as it is already clean. If you purchase bags of large-leaved spinach that has not been triple-washed or isn’t labeled ready to eat, be certain to rinse it thoroughly in cold water and dry in a salad spinner.

Step 1: make the jamaican black bean and vegetable soup

3 large carrots
1 green pepper
1 can (19 ounces) black beans
1 tablespoon olive oil
1 can (14 1/2 ounces) vegetable broth
1 can (14 1/2 ounces) diced tomatoes with mild green chiles
1/4 teaspoon ground allspice, or more to taste
1 tablespoon mild cayenne pepper sauce, such as Frank’s Redhot Sauce
1/3 cup light sour cream for serving

1. Peel and slice the carrots. Coarsely chop the green pepper. Drain but do not rinse the black beans.
2. In a large heavy saucepan, heat the olive oil over medium heat until hot. Add the carrots and green pepper and cook, stirring often, for 4 minutes, until nearly tender.
3. Increase the heat to high. Stir in the beans, broth, tomatoes, and allspice. Bring to a boil, covered. Reduce the heat to medium and simmer for 8 minutes, or until the vegetables are tender. Keep the soup warm, covered.

Step 2: assemble the spinach and grapefruit salad

2 tablespoons sliced almonds, toasted (optional)
1 cup jarred grapefruit sections
1 bag (5 ounces) baby spinach
1/3 cup store-bought ruby grapefruit salad dressing

1. Toast the almonds in the microwave, if desired. Drain the grapefruit sections.
2. Place the spinach and grapefruit in large salad bowl and toss gently.

1. Scoop the softened ice cream into 4 dessert bowls and freeze.
2. Heat the caramel sauce in a microwave oven on High or Medium for 30 to 60 seconds, stirring halfway through the cooking time.
3. Put the cookies in a zip-top plastic bag and seal the bag. Crush the cookies with a rolling pin, rolling over the bag several times.

Serve
1. Stir the pepper sauce into the soup. Ladle the soup into 4 soup bowls and serve with the sour cream and additional pepper sauce on the side.
2. Add the dressing to the salad and toss. Divide the salad among 4 salad plates, sprinkle each with some of the almonds, and place the plates on the table.

F.Y.I.: You can add more flavor to the almonds in the salad by toasting them.

<table>
<thead>
<tr>
<th>Nutrition Information Per Serving: Jamaican Black Bean and Vegetable Soup</th>
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<tbody>
<tr>
<td>Serves 4</td>
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<tr>
<td>Single serving is 1/4 of the total recipe</td>
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<tr>
<td>Calories 148</td>
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<tr>
<td>Protein 6g</td>
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<tr>
<td>Carbs 23g</td>
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<tr>
<td>Total Fat 3g</td>
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<tr>
<td>Sat Fat 1g</td>
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<tr>
<td>Cholesterol 7mg</td>
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<tr>
<td>Sodium 326mg</td>
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<td>Fiber 6g</td>
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