SUPERSOUP

1 tablespoon olive oil
1 onion, chopped
4 cloves garlic, minced
5 tomatoes, diced
2 potatoes, peeled and diced
5 cups low sodium vegetable broth
1 tablespoon ground cumin
½ lime, juiced
1 (15-ounce) can black beans, drained
½ cup cilantro, chopped, divided
4 cups fresh spinach leaves, chopped
hot sauce to taste
salt to taste

1. In a large pot, sauté onions in oil over medium-high heat until tender.
2. Add garlic and tomatoes, cook for 2 minutes, stirring often.
3. Add potatoes, broth, cumin, and lime juice. Bring to a boil, then reduce to simmer for 30 minutes or until potatoes are cooked.
4. Add beans, cilantro, spinach, hot sauce, and salt. Simmer until heated through.

NUTRITIONAL INFORMATION (per serving)
CALORIES 172; FAT 3.2g; PROTEIN 6g; CARB 33g; FIBER 6g;
CALCIUM 82mg; IRON 3mg; VITAMIN A (RE) 364mcg; VITAMIN C 34mg; FOLATE 50mcg

DID YOU KNOW?...
Letting your older child peel the potatoes helps build fine motor skills.

SABÍA USTED QUE?...
Permitir que su hijo ya mayorcito, pele las papas le ayuda a adquirir habilidades motoras finas.