

Free Press - Weight Watchers
Black Bean Soup & Sweet Potatoes

2 tea oil

2 onions chopped

2 tea coriander

1 " cumin

2 (29 oz) black beans

drained & rinsed

Saute onion & add coriander & cumin

Place beans in soup pot & add onions,
potato, s & p, broth & vegs. "

Simmer till vegs fork tender.

Put thru blender - Garnish with yogurt

213 cal. 4g. fat.

1 large sweet potato

peeled & chopped.

6 fresh cilantro sprigs

$\frac{1}{2}$ tea salt, $\frac{1}{4}$ tsp pepper

6 cups veg. broth

$\frac{1}{4}$ cup plain yogurt