

# VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

## Chunky Refried Bean Soup

Yield: 2 servings, about 3/4 cup each

*If desired, make this recipe using less milk and serve over baked potatoes.*

- 1/4 medium green sweet bell pepper, chopped
- 1/4 medium onion, finely chopped
- 1 clove of garlic, finely chopped
- 1/2 cup cooked plain rice, brown or white
- 1/2 cup canned diced tomatoes with green chilies, not drained
- 2 teaspoons dried cilantro leaves
- 1/2 teaspoon ground cumin
- a dash of dried red pepper flakes
- 1 cup canned fat free seasoned refried beans
- 1/4 cup skim milk
- 1/4 cup shredded cheese, such as cheddar or colby

1. Wash your hands and work area.
2. Heat a saucepan sprayed with non-stick cooking spray over medium-high heat. Add green pepper, onion and garlic. Cook for about 5 minutes, or until pepper is softened.
3. Stir in remaining ingredients, except cheese.
4. Reduce heat to low. Stirring constantly, bring to a gentle boil. Add a little more milk if soup is too thick.
5. Spoon into serving bowls and sprinkle each serving with 2 tablespoons shredded cheese.
6. Cover and refrigerate leftovers within two hours.

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/) The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer.

Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



# K-STATE

Research and Extension

*Meal suggestion:*

*Serve with a leafy green salad, chunks of mangoes, a handful of nuts, whole grain bread and low-fat milk.*

*This satisfying low-fat hot main dish is an excellent source of dietary fiber, vitamin C, calcium and iron, and a good source of vitamin A.*

## Nutrition Facts

Serving Size about 3/4 cup (303g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 25

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 790mg      **33%**

**Total Carbohydrate** 42g      **14%**

Dietary Fiber 9g      **36%**

Sugars 3g

**Protein** 14g

Vitamin A 10%      •      Vitamin C 35%

Calcium 20%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*