

BLACK BEAN CHOWDER



Black Bean Chowder

Black Bean Chowder is a fiber giant with its delicious black beans and multiple ingredients that provide a mountain of natural nutrition including B vitamins. Great for dips, burritos, taco salads, and other recipes.

20 whole-food ingredients

Black Beans (42.42%), Corn, Kidney Bean Powder, Organic Miso, Nutritional Yeast, Onion, Barley Flour, Carrot, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sunflower Seeds, Celery.

Nutritionals per serving

Calories – 270
Carbohydrates – 41g
Protein – 14g
Fiber – 15g
Sodium – 330mg (14%)*
Fat – 7g

Black Bean Wraps

Ingredients: 1 Black Bean Chowder, 1/2 cup tomato (diced), 1/4 cup plain fat-free yogurt, 1 chicken breast (cooked and diced), 2 - 4 large lettuce leaves.

Instructions: Prepare the soup according to package directions. Mix the soup, tomato and chicken. Spoon into the center of each lettuce leaf. Spoon yogurt on top, fold up and enjoy! Makes 2 servings.

Time Saving Tip: Running short on time? Use one can of cooked chicken breast instead.

* Percent Daily Value based on a 2,000 calorie diet

Antioxidants in black beans

Research published in the November 2003 issue of the *Journal of Agriculture and Food Chemistry* indicates that black beans are as rich in antioxidant compounds called anthocyanins as grapes and cranberries, fruits long considered antioxidant superstars. When researchers analyzed different types of beans, they found that the darker the bean's seed coat, the higher its antioxidant activity. Gram for gram, black beans were found to have the most antioxidant activity, followed in descending order by red, brown, yellow, and white beans. Overall, the level of antioxidants found in black beans in this study is approximately 10 times that found in an equivalent amount of oranges, and comparable to that found in an equivalent amount of grapes or cranberries.

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