

Hearty Bean and Vegetable Soup



Brought to you by:

aetna[®]





Ingredients

- 1 can of black beans (rinsed and drained)
- 1 can of diced tomatoes (with juices)
- 1 cup frozen mixed vegetables
- 1 cup low-sodium vegetable broth
- 1 teaspoon dried oregano or thyme (optional for extra flavor)

Directions

1. In a large pot, combine the beans, diced tomatoes, frozen vegetables and vegetable broth.
2. Bring the mixture to a boil, then reduce to a simmer and cook until the vegetables are tender, 10-15 minutes.
3. Season with dried herbs and salt and pepper to taste.