



Got Questions? Email Me At  
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## BLACK BEAN SOUP

Makes 6 Servings

Regardless if you eat meat or you don't eat meat or you just simply want to eat healthier and more balanced, beans and rice are a great combo that together they provide the amino acids for your body's protein needs!

White rice, the type usually served with beans, is often enriched with some B vitamins. It also has some iron and about 2 grams of protein per half-cup cooked. White rice on its own is made up of fast-digesting carbohydrates, leading to spikes in blood glucose levels. But when you pair it with beans, it helps you metabolize the carbs better.

And for the protein in rice and beans, it's true that combined they make complete protein, supplying all the essential amino acids (the building blocks of protein) found in dairy, meat, poultry, and fish. Brown rice has more whole grain but if there is only white rice at the store anymore don't despair.

If you add cilantro, even better! Cilantro is a good source of antioxidants. Using cilantro to flavor food may encourage people to use less salt and reduce their sodium intake.

Black Bean Soup

Ingredients:

1 lb. black dried beans (rinsed and soaked overnight, preferably or at least a couple hours)

1/2 bunch of cilantro

1 green or red bell pepper, o 3 mini peppers

1/2 onion

1 tsp Himalayan salt

2 drops of Young Living Cilantro vitality essential oil\*

Directions:

Put all ingredients in a crockpot except 1/4 of the cilantro bunch and the essential oil

Add water until the crockpot is 3/4 full

Cook on high for 2-3 hours and then turn it down to medium temperature for 2 or 3 more or until the beans are soft.

Once beans are cooked place the beans in a blender with the peppers, onions and cilantro they were cooked with. Add the other 1/4 bunch of fresh cilantro. Blend well, if they are still hot, don't feel the blender all the way up. Add two drops of cilantro for the whole blender for added flavor.

Pour in a soup bowl and garnish with a couple cilantro leaves.

Pair the soup with rice and corn.

Bon Appetite!

\*when using essential oil for cooking, make sure you use essential oils FDA approved for oral intake such as Young Living vitality line.