**TOMATO SOUP**
*Yield: 1 cup serving*

**INGREDIENTS**
- ¾ cup tomato based pasta sauce
- ¼ cup chicken broth

**DIRECTIONS**
1. Combine all ingredients in microwave-safe bowl or mug.
2. Microwave on HIGH for 40 seconds or until heated through.
3. Serve, if desired, with shredded cheddar cheese, chopped cooked vegetables, or crackers.

**NUTRITION FACTS**
1 cup serving
- Calories: 93 kcal
- Carbohydrates: 14 g
- Total Fat: 3 g
- Protein: 3 g
- Sodium: 100 mg
- Fiber: 3 g

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**BLACK BEAN SOUP**
*Yield: 4 servings*

**INGREDIENTS**
- 1 can (15 ounces) black beans, rinsed and drained
- 1½ cups low sodium chicken broth
- ¾ cup chunky salsa
- ½ cup canned corn
- Optional: hot pepper sauce, 2 teaspoons lime juice, 1 cup shredded cheddar cheese

**DIRECTIONS**
1. Combine black beans, chicken broth, salsa, and corn in microwave-safe bowl or mug.
2. Cover and microwave on HIGH for 2 minutes or until heated all the way through.
3. Pour into 4 serving bowls.
4. Top with optional ingredients.
5. Serve with whole-wheat tortilla and fruit.

**NUTRITION FACTS**
1 cup serving
- Calories: 173 kcal
- Carbohydrates: 31 g
- Total Fat: 1 g
- Protein: 11 g
- Sodium: 542 mg
- Fiber: 7 g

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**QUESADILLAS**
*Yield: 4 servings*

**INGREDIENTS**
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can diced tomatoes, drained
- 1 can corn, drained
- 2 cups low-fat cheese
- 2 whole-wheat tortillas

**DIRECTIONS**
1. Mix black beans, diced tomatoes, cheese, and corn together.
2. Place mixture in between 2 tortillas.
3. Microwave each tortilla 1 minute or until heated through.
4. Serve with salad or fruit.

**NUTRITION FACTS**
1 serving
- Calories: 356 kcal
- Carbohydrates: 53 g
- Total Fat: 6 g
- Protein: 27 g
- Sodium: 785 mg
- Fiber: 11 g