



LIVELY

KITCHENS, INC.

Nutrition & Kitchen Education Programs  
Meal Planning and Dinner Prep Programs

## Black Bean Soup with Lime Shrimp

By: Misty Copeland Ballerina Body

### Ingredients:

#### For the Soup:

2 tbsp extra virgin olive oil  
1 onion, chopped  
3 cloves garlic, minced  
1 tsp cumin  
2 tbsp chili powder  
salt and pepper  
2 (14 oz.) cans black beans,  
rinsed and drained  
1 (14 oz.) can diced fire roasted  
tomatoes  
1/2 cup heavy cream (coconut milk can  
be substituted)  
5 cups low-sodium vegetable broth  
Hot sauce

#### For the Shrimp:

1 clove garlic, minced  
3 tbsp extra-virgin olive oil  
Zest and juice from 2 limes  
1/2 tsp crushed red pepper  
1/4 cup chopped parsley  
salt  
16 jumbo shrimp, peeled, deveined and  
butterflied

### Make the Soup:

1. In a soup pot heat the olive oil over medium-high heat.
2. Add the onion, garlic, cumin, chili powder, salt and pepper to taste.
3. Stir and cook for a few minutes, until the onions become clear.
4. Add the 1 can of black beans to the onions mixture. Use a fork and mash the beans from the other can and add to the pot
5. Pour in the tomatoes, heavy cream and vegetable broth.
6. Let soup come to a boil. Once boiling, reduce heat and simmer for 11 minutes. Stirring occasionally.

### Make the Shrimp:

1. IN a large bowl, combine the garlic with the olive oil, lime zest, crushed red pepper flakes, parsley and sprinkle of salt.
2. Add the shrimp to this mixture and toss them until they are coated, remove the shrimp
3. Heat a skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes. Flip the shrimp, add the lime juice and cook for another few minutes, until the shrimp is opaque.

Add the hot sauce to the soup and adjust the salt and pepper to your taste.

Ladle the soup into 4 bowls and top each with 4 shrimp.

**JOYCE LANDE, LIVELY KITCHENS, INC.**  
(formerly Happy And Healthy Lifestyles)

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