



## **Swimsuit-Ready in 20 Days: Lunch Recipes**

### **Black Bean Gumbo**

- 1 cup fat-free chicken broth
- 2 ounces skinless, boneless chicken breast, cut into cubes
- 3 cups canned black beans, drained
- 2 cups diced tomatoes
- 3 cups water
- 2 tablespoons Cajun seasoning

In a medium saucepan, combine the water, chicken broth and cubed chicken breast. Simmer for 15 minutes. Add the black beans, tomatoes, and Cajun seasoning and cook for 3 minutes.

To Serve: Ladle the soup into bowls

Serves: 2

NOTE: IF the soup seems too thick, add a little more chicken broth or water.