



Spicy Black Bean Soup

Servings 6

Prep 10 min

Cook 45 min

Ingredients

- 2 Tbsp. Olive Oil
- 2 medium Yellow Onions (chopped)
- 3 stalks Celery (chopped)
- 1 large Carrot (peeled & sliced or chopped)
- 6 cloves Garlic (minced)
- 4 ½ tsp. Ground Cumin
- ½ tsp. Red Pepper Flakes (use less if sensitive to spice)
- 4 (15oz) cans Black Beans (rinsed & drained)
- 4 cups Low Sodium Vegetable Broth
- ¼ cup Cilantro (optional)
- 1-2 Tbsp. Sherry Vinegar or Fresh Lime Juice
- ½ tsp. each or to taste Sea Salt & Ground Pepper
- Optional Garnishes: avocado, cilantro, radish, tortilla chips

Directions

- 1 Heat the olive oil in a large Dutch oven or soup pot over medium heat until shimmering. Add the onions, celery and carrot and a light sprinkle of salt. Cook, stirring occasionally, until the vegetable are soft, about 10 to 15 minutes.
- 2 Stir in the garlic, cumin and red pepper flakes and cook until fragrant, about 30 seconds. Pour in the beans and broth and bring to a simmer over medium-high heat. Cook, reducing heat as necessary to maintain a gentle simmer, until the broth is flavorful and the beans are very tender, about 30 minutes.
- 3 Puree about 4 cups of the soup in a blender until smooth (beware the steam that escapes from the top of the blender, it's very hot). Return the pureed soup to the pot, stir in the cilantro, vinegar/lime juice and salt and pepper, to taste. Serve.