



Spicy Vegan Black Bean Soup

Servings 6 Prep 15 min Cook 35 min

Ingredients

¾ cup Water (or 2 tablespoons olive oil; if not oil-free)

1 Red Onion (chopped)

1 Clove Garlic (minced)

⅓-½ Jalapeño (finely chopped, to taste) (optional)

2 medium Carrots (chopped)

1 Red Bell Pepper (chopped)

4 tsps Ground Cumin

2 tsps Chili Powder

¼ tsp Red pepper flakes, to taste (optional)

1 15 oz. can organic sweet corn (drained and rinsed)

3 15 oz. cans organic black beans (drained and rinsed)

4 cups Low-sodium vegetable broth

½ Lime, juiced

¼ cup Cilantro

Sea salt & pepper (to taste)

Toppings: Avocado, Crushed Tortilla Chips, Jalapeño, Cilantro, Dairy-Free Cheese

Directions

- 1** Heat the water (or oil, if preferred) in a soup pot or large dutch oven over medium heat. Stir in the onions and garlic, with a pinch of sea salt and pepper. Cook, stirring occasionally, until the onions are translucent.
- 2** Stir in the jalapeño, carrot, red bell pepper, cumin, chili powder and red pepper flakes. Cook until vegetable are soft, about 7-9 minutes.
- 3** Pour in the beans, corn and broth. Bring to a slow boil over medium-high heat then reduce to a gentle simmer. Cook until the beans are soft and the broth has lots of flavor, about 20 minutes. Turn off heat.
- 4** Using a hand immersion blender, blend about half of the soup, still leaving whole beans in tact. Blend more for a smoother texture or less for a chunkier texture, depending on preference (this step is optional; you can also blend half in a regular blender, making sure to let out the steam, to prevent a soup explosion as it gets very hot. Pour it back into the soup pot).
- 5** Stir in lime juice and cilantro and taste test to see if it needs more salt or pepper. Adjust accordingly.
- 6** Serve with your favorite toppings!