

## **Black Bean Soup**

Makes: six 1.5-cup servings

Total Time: 55 minutes

Prep Time: 15 minutes

Cook Time: 40 minutes

Equipment: stovetop, soup pot, knife, cutting board, spatula

Source: <https://cookieandkate.com/spicy-vegan-black-bean-soup/>

2 Tbsp extra-virgin olive oil

2 medium yellow onions, chopped

3 celery ribs, finely chopped

1 large carrot, sliced into thin rounds

6 garlic cloves, pressed or minced

4 ½ tsp ground cumin

½ tsp red pepper flakes

4 cans (15 oz each) black beans, rinsed and drained

4 cups (32 oz) low-sodium vegetable broth

¼ cup chopped fresh cilantro (optional)

2 Tbsp fresh lime juice

Sea salt and freshly ground black pepper, to taste

Optional garnishes: diced avocado, extra cilantro, thinly sliced radishes, tortilla chips

- Heat olive oil in a large soup pot over medium heat.
- Add onions, celery, carrot, and a light sprinkle of salt. Cook, stirring occasionally until the vegetables are soft (10-15 minutes).
- Stir in the garlic, cumin and red pepper flakes and cook until fragrant (about 30 seconds).
- Pour in beans and broth and bring to a simmer (just below a boil, gentle bubbles breaking at the surface) over medium-high heat.
- Reduce heat to maintain a gentle simmer and cook for about 30 minutes.
- Transfer about 4 cups of soup to a blender, securely fasten lid, and blend until smooth.
- Return the pureed soup to the pot, stir in cilantro, vinegar/lime juice and salt and pepper to taste.
- Serve with optional garnishes.