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.