

Healthy & Hearty Black Bean Soup

This delicious and healthy Black Bean Soup takes just 30 minutes to make!

INGREDIENTS (Makes 6 Servings)

- 2 tablespoons olive oil
- 1 onion, diced
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 jalapeno pepper, seeded, diced
- 1 teaspoon salt
- 1 pepper
- 2 tablespoons cumin
- 60 oz black beans (1.75kg), 4 cans, drained, rinsed
- 4 cups vegetable stock (960mL)
- 1 bay leaf
- 250mL crumbled queso fresco or mozzarella cheese, to serve
- 1 avocado, chopped to serve
- fresh cilantro, chopped, choose amount to taste
- 1 cup tortilla chips, crumbled to serve



Healthy & Hearty Black Bean Soup

DIRECTIONS

1. Heat olive oil in a large cooking stockpot or a Dutch oven over medium-high heat until the oil begins to simmer.
2. Add onions, celery, carrot, and bell pepper. Cook for 4-5 minutes, stirring occasionally, until vegetables begin to soften.
3. Add garlic, salt, and pepper, and continue to cook for an additional 10 minutes until vegetables are soft and the onions are translucent.
4. Add cumin, black beans, vegetable stock, and the bay leaf. Bring to a boil then reduce to a simmer.
5. Cover the pot and cook over low heat for 30 minutes until the beans are very tender.
6. Remove the bay leaf. Transfer about 4 cups (900 g) of the soup to a blender and puree until smooth, being careful not to splatter hot soup all over yourself and kitchen.
7. Pour blended soup back into the pot and mix to incorporate.
8. Keep over low heat until ready to serve. Garnish with fresh avocado, queso fresco, chopped cilantro, and tortilla chips.
9. Enjoy!

