

Black Bean Soup



Recipe

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 vegetables are soft, about 10 to 15 minutes.

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.

Transfer about 4 cups of the soup to a stand blender, securely fasten the lid, and blend until smooth. Or, use an immersion blender to blend a portion of the soup.

Return the pureed soup to the pot, stir in the cilantro, lime juice and salt and pepper, to taste. Serve.

Ingredients With Measurements

- 2 tablespoon extra-virgin olive oil
- 2 medium yellow onions, chopped
- 3 celery ribs, finely chopped
- 1 large carrot, peeled and sliced into thin rounds
- 6 garlic cloves, pressed or minced
- 4 ½ teaspoon ground cumin
- ½ teaspoon red pepper flakes
- 4 cans (15 ounces each) black beans, rinsed and drained
- 4 cups (32 ounces) low-sodium vegetable broth
- ¼ cup chopped fresh cilantro
- 2 tablespoon fresh lime juice

Ingredients Without Measurements

Extra Virgin Olive Oil	Onion	Celery
Carrots	Garlic	Ground Cumin
Red Pepper Flakes	Canned Black Beans	Low-Sodium Vegetable Broth
Cilantro	Lime Juice	