

Black Bean Soup

Ingredients:

- ✓ 3 cans black beans, rinsed
- ✓ 3 ribs of celery
- ✓ 1 large onion, chopped
- ✓ 1 red pepper, chopped
- ✓ 2 tbsp minced garlic
- ✓ 1 can chicken broth
- ✓ 1 can vegetable broth
- ✓ 1 can diced tomatoes
- ✓ 1 can diced green chilis
- ✓ 2 tsp red pepper flakes
- ✓ 1 ½ tsp coriander
- ✓ 1 tsp hot sauce
- ✓ 1 tsp lime juice
- ✓ ½ lb hot Italian sausage



Total Time: 40 minutes Servings: 6

Directions:

1. In a small bowl, mash one can of black beans and set aside.
2. Remove sausage from casing and place in a large pot. Cook until it starts to brown. Then add onion, and red peppers in olive oil until tender. Add garlic and cook 1 minute longer.
3. Stir in broths, tomatoes, red pepper flakes, cracked pepper, mashed black beans, diced green chilis, and whole black beans. Bring to a boil, then reduce heat and let simmer for 15 minutes.
4. Stir in lime juice and serve.