

BLACK BEAN SOUP^o



SERVES: 4 (approx. 1 cup each) **Prep Time:** 20 min. **Cooking Time:** 16 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½



Here's a super fast-and-easy way to turn canned black beans into a delicious soup in minutes. I like to throw on a pot of this soup when I'm making our Chicken Tinga Tacos, then I eat my taco meat in a lettuce wrap and save my yellow for the soup. It's a great little Mexican combo!

- 2 tsp.** olive oil
- ½ cup** chopped bell pepper (approx. ⅔ medium)
- ½ cup** chopped onion (approx. ⅔ medium)
- 3 cloves** garlic, finely chopped
- 2 cups** canned black beans, drained, rinsed
- ½ tsp.** ground cumin
- ½ tsp.** ground smoked paprika
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 2 cups** low-sodium organic vegetable broth
- 2 tsp.** cornstarch (preferably GMO-free) + 2 tsp. water (combine to make a slurry)
- 1 tsp.** apple cider vinegar
- 2 tsp.** chopped fresh cilantro (for garnish; optional)
- 2 tsp.** vegan sour cream (for garnish; optional)

- 1.** Heat oil in large saucepan over medium heat until fragrant.
- 2.** Add bell pepper and onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add beans, cumin, paprika, salt, pepper, and broth. Bring to a boil, stirring occasionally. Reduce heat to medium-low.
- 5.** Add cornstarch mixture. Bring to a gentle boil; gently boil, stirring occasionally, for 1 minute, or until sauce has thickened. Remove from heat.
- 6.** Add vinegar. Puree using an immersion blender until you reach desired consistency.
- 7.** Divide evenly between four serving bowls. Top each with ½ tsp. cilantro and ½ tsp. sour cream, if desired.

RECIPE NOTES:

- If you don't have an immersion blender, you can place soup in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until you reach desired consistency.
- I like to partially puree my soup, leaving some whole beans behind for texture, but you can blend it to a smooth and creamy consistency if you like.
- Store leftover soup in an airtight container for up to 5 days. You can also divide soup into individual portions and freeze for up to 3 months.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): **Calories:** 153 **Total Fat:** 3 g **Saturated Fat:** 1 g **Cholesterol:** 1 mg **Sodium:** 642 mg **Carbohydrates:** 25 g **Fiber:** 9 g **Sugars:** 2 g **Protein:** 8 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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