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|  | **Ingredients** | **Step** |
| Mexican Black Bean Soup | 1 Tablespoon  **vegetable oil**  1  small **onion** chopped (about 1 cup)  4  cloves **garlic**, minced or 1 teaspoon garlic powder  1 can  (15 ounces) diced **tomatoes**  4 cups  **black beans**, about 2 cans (15 ounces) cooked or canned (with liquid)  2  **potatoes**, peeled and diced  4 cups  **water**  1⁄2 cup  fresh **cilantro**, chopped  1 Tablespoon  **cumin**  1⁄3 cup  **lime juice** or juice from 1 lime  **hot sauce** to taste | 1. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often. 2. Add the beans, potatoes and water. Bring to a boil; then reduce to medium-low heat. Cover and cook for 20 minutes. 3. Add the cilantro, cumin, lime juice and hot pepper sauce, if desired. Stir and cook for 10 minutes. Serve hot. 4. Refrigerate leftovers within 2 hours. |