



Black Bean Soup From Scratch

The Ingredients

- 2 tbsp extra virgin olive oil
- 1 large shallot or small onion, chopped
- 1-2 jalapenos, seeded and minced
- 3 garlic cloves, pressed or minced
- Salt and pepper
- 2 tsp chili powder
- 1 tsp cumin
- 2 cans seasoned black beans, drained but not rinsed
- 3-4 cups chicken stock or vegetable broth
- Fresh lime juice

Directions

- Heat oil in a soup pot over medium heat. Add shallots/onions and jalapenos, season with salt and pepper and sauté until softened, 8-10 minutes. Add garlic cloves then sauté until very fragrant, 1-2 minutes. Add chili powder and cumin and sauté for 1 more minute.
- Add black beans, 3 cups chicken stock or vegetable broth and bring to a boil. Turn heat down to medium/medium-low and simmer for 10 minutes.
- If you like a thicker soup, transfer 2 ladles of beans into a blender with a couple ladles of broth and blend until smooth and stir back into the soup. Add up to 1 cup additional stock/broth if necessary to reach desired consistency. Drizzle in lime juice, then taste and add more salt/pepper if necessary, and then serve with toppings.
- Topping suggestions include cilantro lime brown rice, diced avocado, pico de gallo and chopped cilantro.