

SPICY BLACK BEAN SOUP

Soup in the summer? Yes! This recipe can be enjoyed on a chilly summer night or topped off with some cooling sour cream and avocados for a fresh, light lunch! Black beans are a great source of protein and iron. They are also high in fiber; this will help you stay fuller for longer. This recipe is vegetarian-friendly and vegan when the optional sour cream is not used.

Yield: 6 servings

Ingredients

- 2 tablespoons **olive oil**
- 2 medium yellow **onions**, chopped
- 3 **celery sticks**, finely chopped
- 1 **large carrot**, peeled and sliced into thin rounds
- 6 **garlic cloves**, minced
- 2 teaspoons **ground cumin**
- ¼ teaspoon **red pepper flakes**
- 4 (15 oz.) cans no-salt-added **black beans**, rinsed and drained (cooked dry beans preferred)
- 4 cups **low-sodium vegetable broth**
- ¼ cup **fresh cilantro**, chopped (optional)
- Juice of 1 **lime**
- **Salt** and **ground pepper**, to taste

Optional garnishes: sour cream, diced avocado, extra cilantro, thinly sliced radishes, tortilla chips

Instructions

1. Heat the olive oil in a large soup pot over medium heat until it simmers. Add the onions, celery, carrot, and light sprinkle of salt. Cook, stirring occasionally, until the vegetables are soft, about 10-15 minutes.
2. 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.
3. Let the soup cool for 15 minutes. Transfer about 4 cups of the soup to a blender, securely fasten the lid, and blend until smooth (never fill your blender past the maximum fill line and beware the steam that escapes from the top of the blender will still be warm).
4. Return the pureed soup to the pot, stir in the cilantro, lime juice, salt, and pepper, to taste. Serve.

Per Serving: Calories 234, Carbohydrates 37 g, Protein 11.3 g, Saturated Fat 0.9 g, Sodium 433 mg, Fiber 11.6 g, Sugars 4.2 g

This recipe appears in our Beyond the Kitchen newsletter and was adapted from Cookie & Kate.



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