

Black Bean **Soup**



Licking Memorial Hospital | Culinary Services

Black Bean **Soup** (serves 4)

Ingredients:

- 2 15-ounce cans black beans, drained
- 16 ounces mild salsa (fresh or purchased)
- 1 cup vegetable broth (low sodium preferred)
- 1 cup yellow onion, diced small
- 4 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 1/2 teaspoon chipotle chili powder

Directions:

1. In a large pot, add all of the ingredients, except for 1 can of the black beans.
2. Simmer over medium heat for 20 minutes.
3. Blend ingredients with an immersion blender until mostly smooth. Add the reserved black beans and continue simmering for an additional 15 minutes.
4. Serve immediately. Possible garnishes include avocado, lime, and cilantro.