

## **Black Bean Soup - 6-8 servings**

- 1 Tbsp vegetable oil
  - 1 onion, chopped finely
  - 1 jalapeño chile, stemmed, seeded, and minced
  - 6 garlic cloves, minced OR 2 Tablespoon jarred minced garlic
  - 2 tsp chili powder
  - big pinch cayenne pepper
  - 4x 15.5oz cans black beans, rinsed
  - 4 cups chicken broth
  - 2 cup water
  - 1/4 tsp salt
  - 2 Tbsp fresh lime juice
  - 1/2 cup coarsely chopped fresh cilantro
- (Garnish: sour cream/greek yogurt, shredded cheddar, chopped avocado)
1. Heat oil in large dutch oven over medium heat until shimmering
  2. Add the onion, jalapeño, and garlic. Cook until softened, about 5 minutes.
  3. Stir in the chili powder and cayenne and cook for 1 minute.
  4. Stir in the beans, broth, 1+1/2 cup of the water, and 1/4 tsp salt.
  5. Bring to a simmer and cook for 20 minutes.
  6. Using a blender, or mashing with a potato masher, puree about half of the soup.
  7. Adjust consistency with water until desired consistency is reached.
  8. Off the heat, season the soup with the lime juice, and salt and pepper to taste.
  9. Garnish individual bowls with cilantro, and other garnishes if using.