

Black Bean Soup

Serves 8

1 lb. dried black beans (or 3 cans prepared beans, drained and rinsed)

1 Tbsp. canola oil

1 large onion, diced

2 poblano peppers, diced

1 jalapeno (seeds/ribs removed or not, according to your choosing), minced

4 cloves garlic, minced

1 (15 oz.) can tomato sauce

7 cups vegetable broth

2 tsp. cumin

1.5 tsp. chili powder

1 tsp. oregano

1 bay leaf

1 cup corn

1 lime, juiced

toppings of your choice (we had sour cream and manchego cheese, but some green onions would have been great, too)

If you're using dried beans, pick over and rinse the beans, tossing anything that doesn't look great. Use the overnight soak or quick soaking method for your beans (directions on the bag), and drain the beans when done soaking. Then, place the beans in a stockpot and cover with cold water (to a couple inches above the beans) and simmer for about 2 hours OR place the beans and water in your crockpot and cook on low for about 8 hours. The beans should be tender to the bite. Drain the beans.

In a large stockpot or dutch oven, heat the oil over medium heat. Add the onions, peppers, and garlic, cooking until tender. Stir in the tomato sauce, broth, cumin, chili powder, oregano, bay leaf, and beans. Season to taste with salt and pepper and bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally.

Remove the bay leaf and puree about 1/3 of the soup mixture. You can either put a few cups of the soup in a food processor or you can do what I did and spoon some of the mixture into a large bowl, and then use an immersion blender for what remains in the stockpot. Add everything back into the stockpot, stir in corn and lime juice, and heat through. Season to taste if necessary.

Nutritional Information Per Serving: Calories: 193 / Fat: 3.6g / Saturated Fat: 0.3g / Carbs: 32.7 / Fiber: 9.4g / Protein: 10.1g