



Black Bean Soup

INGREDIENTS:

4 cans	black beans, rinsed, drained
6 c.	vegetable broth
1	bay leaf
1 T	olive oil
1 c.	white onion, diced
2 T.	garlic, minced
1 T.	paprika
1 ½ t.	ground cumin
1 ½ t.	dried oregano
1 t.	ground coriander
½ t.	cayenne
Pinch	sugar and salt
1 T.	red wine vinegar
2 c.	diced tomatoes

PREPARATION:

- Simmer beans, broth, and bay leaf in a large pot over medium heat for 20-30 minutes.
- Remove bay leaf and half of the bean-broth mixture.
- Purée the remaining bean mixture in the pot with a hand-held stick blender or in a food processor until smooth.
- Return reserved beans to the pot; keep warm over low heat.
- Sauté onion, garlic and seasonings in oil in a nonstick skillet until soft, about 5 minutes.
- Deglaze pan with vinegar, and then add tomatoes and their juice.
- Simmer to reduce slightly, and then mash tomatoes lightly.
- Add to soup and cook another 5 minutes.

Chef's Note:: Serve with H3 Pico De Gallo.

Number of Servings: 8

Serving Size: 1 cup

Calories per serving: 261

Fat grams per serving: 4

