



RECIPES

Creamy Black Bean Soup

INGREDIENTS:

2 tablespoons olive oil
2 medium yellow onions,
roughly chopped
4 large garlic cloves, crushed and
peeled
2 carrots, roughly chopped
2 (15-ounce) cans black beans,
drained and rinsed
5 cups low sodium chicken broth
 $\frac{3}{4}$ tsp oregano
1 tsp ground coriander
1 tsp ground cumin
 $\frac{1}{8}$ tsp cayenne pepper
 $\frac{1}{2}$ tsp salt
1 tablespoon fresh lime juice
Chopped cilantro and sour
cream to garnish

INSTRUCTIONS:

1. Heat olive oil in large pot over medium heat. Add onions, garlic and carrots and cook, stirring occasionally, until onions are soft and translucent, about 8 minutes. Do not brown.
2. Add black beans, broth, oregano, coriander, cumin, cayenne pepper and salt and bring to a boil. Reduce the heat, cover and simmer gently for about 15 minutes.
3. Puree the soup with immersion blender until smooth and creamy. You can use standard blender to puree soup in batches.
4. Stir in lime juice. Ladle soup into bowls and top each bowl with a dollop of sour cream and freshly chopped cilantro.

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