

# Black Bean Soup

Serves 4–6

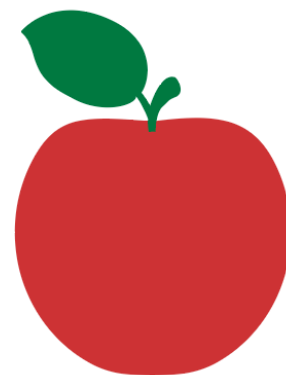
## Grab this stuff:

- 4 cans (15 oz.) black beans
- 1 ½ Tbsp. avocado or olive oil
- 1 medium onion, diced
- 8 oz. carrots, shredded
- 1 medium red or green pepper, diced
- 6 cups water or vegetable stock
- ¾ cup salsa
- 1 ½ Tbsp. ground cumin
- 1 ½ Tbsp. oregano (dried or fresh)
- Salt and pepper, to taste



## Let's get cooking:

1. Drain and rinse beans, set aside.
2. Sauté onion in oil in large stockpot.
3. Add carrots and pepper, sautéing a minute or two more.
4. Add beans. Using a large spoon or spatula, mash ¼ to ½ of the beans to thicken the base.
5. Add water or vegetable stock, salsa, cumin, oregano to mixture. Bring to a boil.
6. Reduce heat. Simmer until veggies are tender (about 15 minutes).
7. Add salt and pepper, to taste.



*Recipe adapted from My Plate (U.S. Department of Agriculture).*

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-soup>