

Black Bean Soup with a Kick

Printer-Friendly Version

Ingredients:

- 2 Tbsp. Olive oil
- 1 medium yellow onion, chopped
- 1 red pepper, seeded and chopped
- 1 carrot chopped
- 3 cloves garlic, minced
- 1 jalapeno, seeded and chopped
- 2 cups chicken broth
- 2 (15 oz.) cans black beans
- 1 (14.5 oz.) can diced tomatoes with green chilies (Rotel)
- 1 bay leaf
- 1 tsp. cumin
- 1 tsp. chipotle powder
- 1 tsp. salt
- ¼ tsp. cayenne pepper

Garnish as desired. Some options are: tortilla chips, salsa, cheese, sour cream, cilantro, etc.

Directions:

In a large saucepan over a medium-high heat, heat the olive oil. Add the onion and cook for 3-4 minutes. Next, add in the red pepper, carrot, garlic, and jalapeno pepper and cook for another 5-7 minutes or until the onion is translucent. Make sure to stir around periodically. Now add in the chicken broth, black beans, diced tomatoes/green chilies, bay leaf, cumin, chipotle powder, salt, and cayenne pepper. Stir the ingredients together until well blended, and then bring the soup to a boil. After that, reduce the heat to medium-low and allow it to simmer for 10 minutes.

If you like chunky soup, feel free to serve it as is, or you may use an immersion blender or a regular blender to puree the soup. Once again, if you use a regular blender, make sure you puree it in small batches. Serve warm and garnish as desired.