

Sweet Potato and Black Bean Soup

by Deb @ Cooking on the Front Burner

Prep Time: 25 minutes

Cook Time: 20 minutes

Yield about 4 servings

Ingredients

- 2 tablespoons olive oil
- 2 medium sweet potatoes, peeled and cut 1"
- 1 medium red pepper, seeded cut 1/2"
- 1/2 cup coarsely chopped onion
- 1 jalapeno chopped
- 1 garlic clove minced
- 1 1/2 tablespoons chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- 3 cups vegetable stock
- 15 oz black beans rinsed and drained
- 14.5 oz undrained diced tomatoes
- 1 cup frozen corn
- 1/4 cup snipped fresh cilantro
- 1/4 cup lime juice
- salt to taste

Instructions

1. In a large pot heat the oil over medium-high heat. Add sweet potatoes, red pepper, onion, jalapeno and garlic
2. Cook about 8 minutes until onions are tender; stir occasionally
3. Stir in chili powder, cumin and cayenne pepper then reduce heat to medium
4. Cover and cook for 8 minutes; stir occasionally.
5. Add stock, beans, tomatoes and bring to boil; stir occasionally and let simmer for 15 minutes then remove from heat
6. Stir in cilantro and lime juice.
7. Season with salt as desired
8. If desired add shredded cheese, sour cream or more cilantro on top