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

<u>Ingredients</u>

- 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