



# Black Bean Soup



## Ingredients

1 tablespoons olive oil

3 cups diced onions

1 tablespoons minced garlic

1 green bell pepper, chopped

1 red bell pepper chopped

2 28 oz cans cans of no salt added Black Beans, drained and rinsed

1 15 oz can crushed tomatoes

1 tablespoon ground cumin

2 cups vegetable stock/ broth

Sour cream and Cilantro to garnish

## Directions

1. Heat oil in a pot over medium high heat. Add onions and garlic into pot and cook until onions soften and begin to brown.
2. Add peppers into pot and cook until peppers are soft about 2 minutes.
3. Stir in the black beans, tomatoes, cumin and stock. Bring to a boil, reduce heat to a simmer and cook for 15- 20 minutes.
4. Puree the soup to your desired consistency with a hand held immersion blender.  
Season soup.
5. Serve soup with sour cream and cilantro.