

Healthy and Hearty Black Bean Soup

Serving: 6

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 jalapeno pepper, seeded and diced
- 1 teaspoon salt
- 1 pepper
- 2 tablespoons cumin
- 60 oz black beans (1.75kg), 4 cans, drained and rinsed
- 4 cups vegetable stock (960mL)
- 1 bay leaf
- 250mL crumbled queso fresco or mozzarella cheese, for serving
- 1 avocado, chopped, for serving
- Fresh cilantro, chopped, to taste
- 1 cup tortilla chips, crumbled, for serving



Directions

1. Heat olive oil in a large cooking stockpot or a Dutch oven over medium-high heat until the oil begins to simmer.
2. Add onions, celery, carrot, and bell pepper. Cook for 4-5 minutes, stirring occasionally, until vegetables begin to soften.
3. Add garlic, salt, and pepper, and continue to cook for an additional 10 minutes until vegetables are soft and the onions are translucent.
4. Add cumin, black beans, vegetable stock, and the bay leaf. Bring to a boil then reduce to a simmer.
5. Cover the pot and cook over low heat for 30 minutes until the beans are very tender.
6. Remove the bay leaf. Transfer about 4 cups (900 g) of the soup to a blender and puree until smooth, being careful not to splatter hot soup all over yourself and kitchen.
7. Pour blended soup back into the pot and mix to incorporate.
8. Keep over low heat until ready to serve. Garnish with fresh avocado, queso fresco, chopped cilantro, and tortilla chips.
9. Enjoy!

Source: [Tasty](#)



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA