

Spicy Black Bean Soup by Lynn's Recipes



A quick black bean soup that is great for a lunch or a quick dinner. Healthy and very easy to make.

Ingredients:

- 1 Tablespoon olive oil
- 1 small onion, chopped (about 1 cup)
- 3 cloves garlic, minced
- 1 chipotle pepper in adobo sauce, chopped (opt.)
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 3 cups vegetable broth or stock
- 2 (15 ounce) cans black beans, rinsed and drained
- ¼ teaspoon ground black pepper
- Pinch of cayenne pepper
- Sour cream and cilantro for garnish

In a large saucepan, heat olive oil over medium heat. Add onion and garlic and cook for about 5 minutes until the onion is softened. Add chili powder, cumin cayenne pepper, black pepper and chipotle pepper. Cook for about 1 minute, stirring. Add stock and 1 can of beans and bring to a boil.

Meanwhile, in a food processor, (or alternately, you can use a potato masher or even a fork) puree the remaining can of beans and add to pot. Reduce heat and simmer for 10-15 minutes. Ladle soup into serving bowls and garnish with sour cream and cilantro, if desired.

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