

Black Bean Soup

Contributed by Hopelink Harvest volunteer Sasikanya L.

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 Tbsp olive or vegetable oil
- 1/2 cup onion, chopped
- 1 tsp garlic, chopped
- 1 carrot, diced
- 1/2 cup bell pepper, diced
- 1 cup tomato, diced (fresh or canned)
- 2 cans black beans, drained
- 1 cup broth (chicken or vegetable) or water
- 1 tsp chili powder
- Salt and pepper
- *Optional:* avocado and/or cilantro for topping

Method:

1. Heat oil over medium-high heat and sauté onions until beginning to brown, about 5 minutes. Add garlic, carrots, and bell pepper and cook until beginning to soften, about two minutes.
2. Stir in tomatoes, black beans, water or broth, and chili powder. Bring soup to boil. Reduce heat to medium-low, cover with lid, and let simmer until soup thickens, stirring occasionally, about 10-15 minutes.
3. Add salt & black pepper to taste. Enjoy!

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Growing Connections to Fresh Food

