

## Black Bean Soup

1	Tbsp	olive oil	1	tsp	chili powder
1/2	cup	diced celery	1/4	tsp	freshly ground black pepper
1/2	cup	minced onion			
1/4	cup	diced green bell pepper	2	cups	vegetable broth
			1	cup	water
3	Tbsp	chopped carrot	3	cans	(15-ounce) black beans, rinsed and drained
1	Tbsp	minced garlic			Sliced green onions (optional)
1 1/2	tsp	ground cumin			
1	tsp	dried oregano			



### Procedure

- 1 Heat oil in a large saucepan over medium heat. Add celery, minced onion, bell pepper, and carrot. Cook 10 minutes or until tender, stirring occasionally. Add garlic and the next 4 ingredients (through black pepper); sauté 3 minutes. Add broth, water, and beans; bring to a boil. Reduce heat, and simmer 15 minutes. Cool slightly.
- 2 Place half of soup in a blender, and process until smooth. Pour into a bowl. Repeat procedure with remaining soup. Garnish with sliced green onions, if desired.

Servings: 6

Yield: 6 servings (serving size: about 1 cup)

### Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	221
% Daily Value	
Total Fat 4.1g	6%
Cholesterol 0mg	0%
Sodium 643mg	27%
Total Carbohydrates 32g	11%
Fiber 12.4g	50%
Protein 12g	24%

### Recipe Type

Soups

### Source

Author: Earthbound Farm

Source: Cooking Light

Web Page: [www.myrecipes.com/recipe/black-bean-soup-11](http://www.myrecipes.com/recipe/black-bean-soup-11)

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