Black Bean Soup

1 Tbsp. vegetable oil

1 ½ cups onions, chopped

1 large red bell pepper, chopped

3 cloves garlic, minced and rubbed into a paste

Salt

1 jalapeno pepper

2 tsp cumin

1 tsp smoked paprika

1 cup water

2 cans (15 oz.) chopped tomatoes

2 tsp dried oregano

2 cans (15 oz.) black beans, drained and rinsed

2 Tbsp. lime juice

½ cup chopped cilantro

Garnishes: chopped cilantro, lime wedges, shredded cheese, avocados, sour cream

In a large pot, heat the oil over medium heat. Add the onions, lowering heat to medium-low and cook onions until they are soft and translucent, about 8 minutes.

When onions are soft, add the red pepper and jalapeno and continue to cook another 5 minutes. Add garlic and stir another minute. Stir in cumin and paprika and cook another minute. Add water, tomatoes and oregano while raising heat to medium and boil. Reduce heat to simmer and cook about 5 minutes. Add beans and continue on simmer then cover pot and cook about 15 minutes.

Remove about 2 cups of the soup and puree it in a blender. Add pureed soup back to the pot. Add lime juice and cilantro. Add salt to taste. Keep soup on low heat until ready to serve. Add garnishes as desired.

Makes 10 servings.

