PlantBased Black Bean Taco Soup

Jacob · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

6

Description

This meatless tacoflavored soup is loaded with bean protein and robust flavor from the combination of spices and fireroasted tomatoes

Ingredients

— - 2 tablespoons grapeseed oil - 1 medium onion

— chopped - 1 medium green bell pepper

— cut into bite-sized pieces - 1 medium red bell pepper

— cut into bite-sized pieces - 2 stalks celery

— chopped - 2 medium carrots

— chopped - 2 medium jalapeno peppers

— seeded and minced (Optional) - 4 cloves garlic

— chopped - 2 (14.5 ounce) cans fire-roasted diced tomatoes - 1 (32 fluid ounce) container vegetable broth - 2 (15 ounce) cans black beans

— rinsed and drained - 1 (15 ounce) can pinto beans

— rinsed and drained - ¼ cup frozen corn - ½ teaspoon ground cumin

— or to taste - ¼ teaspoon chili powder

— or to taste - ¼ teaspoon smoked paprika

— or to taste - salt to taste

Instructions

1. Heat oil in a Dutch oven over medium heat. Add onion
2. bell peppers
3. celery
4. carrots
5. jalapeno peppers
6. and garlic; cook until veggies soften
7. 3 to 5 minutes. Add diced tomatoes; stir well and cook for 3 minutes. Add vegetable broth
8. black and pinto beans
9. corn
10. cumin
11. chili powder
12. paprika
13. and salt; stir until well combined. Reduce heat to medium-low
14. cover
15. and simmer for 30 minutes.