Fast and Delicious Black Bean Soup

Jacob · 30/09/2024



Prep Time

50 mins

Dificult

Medium

Servings

6

Description

This recipe for black bean soup is fast easy and sure to delight your taste buds

Ingredients

- - 2 tablespoons vegetable oil - 1 medium onion
- chopped - 1 green bell pepper
- chopped - 1 large carrot
- peeled and thinly sliced - 3 cloves garlic
- minced - 2 (15 ounce) cans black beans
- divided - 1 (14 ounce) can chicken broth - 2 cups cubed cooked ham - ½ teaspoon salt - ¼ teaspoon cumin - ground black pepper to taste - 1 cup shredded Cheddar cheese - 1 cup sour cream

Instructions

1. Heat oil in a large pot over medium heat. Stir in onion
2. bell pepper
3. carrot
4. and garlic; cook until tender
5. about 5 minutes. Mix in 1/2 of the black beans
6. then add chicken broth. In a blender
7. purée remaining beans until smooth; stir into the pot and bring soup to a boil. Reduce the heat to low. Mix in ham
8. salt
9. cumin
10. and pepper; simmer for 20 minutes. Garnish with Cheddar cheese and sour cream to serve.