Spicy Black Bean Vegetable Soup

Jacob · 30/09/2024



Prep Time

50 mins

Dificult

Medium

Servings

8

Description

Half of the black beans in this spicy soup are pureed with tomatoes the other half are simmered with carrots onion and kernels of corn

Ingredients

— - 1 tablespoon vegetable oil - 1 onion

— chopped - 1 clove garlic

— minced - 2 carrots

— chopped - 2 teaspoons chili powder - 1 teaspoon ground cumin - 4 cups vegetable stock - 2 (15 ounce) cans black beans

— rinsed and drained - 1 (8.75 ounce) can whole kernel corn - ¼ teaspoon ground black pepper - 1 (14.5 ounce) can stewed tomatoes

Instructions

1. In large saucepan
2. heat oil over medium heat; cook onion
3. garlic
4. and carrots
5. stirring occasionally
6. for 5 minutes or until onion is softened. Add chili powder and cumin; cook
7. stirring
8. for 1 minute. Add stock
9. 1 can of the beans
10. corn
11. and pepper; bring to boil. Meanwhile
12. in food processor or blender
13. puree together tomatoes and remaining can of beans; add to pot. Reduce heat
14. cover
15. and simmer for 10 to 15 minutes or until carrots are tender.