

Spicy Black Bean Soup

Makes 6 servings

1 T canola oil
1 large onion, diced
2 t chopped garlic
1 T chipotle pepper (from can) , minced
1 T ground cumin
2 cans black beans, drained and rinsed
2 c vegetable broth
2 c water
2 T lime juice
1 avocado, divided
Cilantro and sour cream for garnish



Heat oil in a medium pot. Add onion and heat on medium-high covered until onions are translucent. Add garlic, chipotle, and cumin and continue to heat uncovered for 30 seconds stirring every 10 seconds. Add beans broth, and water. Cover, and heat to a boil. Reduce heat to a simmer and continue to heat for 5-10 minutes. Using a potato masher, mash beans until half are broken down. Add lime juice and divide into bowls. Garnish with avocado, sour cream, and cilantro.

Nutrition information per serving: 140 calories, 17 g carbohydrate, 7g fat, 6g protein, 400 mg sodium, 6g dietary fiber.

Adapted from Mark Bittman's "How to Cook Everything"

