

Black Bean Soup

Total Time: 20 minutes

Instructions

1. In a large pot, combine 1 can of beans, salsa, vegetable broth, cumin, and chili powder
2. Stir together and bring to a boil
3. Allow to cook for 10 minutes, stirring occasionally
4. Using an immersion blender (or a regular blender), blend the soup until thickened
5. Stir in remaining beans and cook for 5 more minutes
6. Serve warm with your favorite toppings (avocado, sour cream, cilantro) and enjoy!

Ingredients

2 (15 oz) cans of reduced sodium black beans, drained

16 oz salsa

1 cup vegetable broth, low sodium

1 teaspoon cumin

1 teaspoon chili powder

Optional additions:

Avocado, cilantro, sour cream (low fat), tortilla chips, 1 teaspoon chipotle powder (to broth), diced tomato, fresh squeezed lime juice