

Black Bean Soup

8 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 4 cup Beans (black turtle, mature seeds, canned)
- 1 1/2 cup, sliced Onions (raw)
- 4 clove Garlic (raw)
- 1 cup, sliced Peppers (sweet, red, raw)
- 1/2 cup grated Carrots (raw)
- 6 cup Soup (vegetable broth, ready to serve)
- 2 tsp Spices (cumin seed)
- 1 tsp Spices (paprika)
- 2 tbsp Vegetable oil (olive)
- 31 g Lime juice (raw)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. Heat olive oil in a large pot over medium heat. Add the onion, bell pepper, and carrot. Cook 5–6 minutes until softened.
2. Add the garlic, cumin, and paprika. Stir for 30 seconds until fragrant.
3. Add the black beans (drained and rinsed) and vegetable broth. Bring to a boil, then reduce to a simmer.
4. Cook for 20 minutes. Use an immersion blender to partially purée the soup — blend about half for a thick, creamy texture while leaving some whole beans.
5. Stir in the lime juice, salt, and pepper.
6. Serve topped with a dollop of sour cream, diced avocado, or chopped cilantro.