

SMOKY BLACK BEAN SOUP WITH TOASTED CUMIN

INGREDIENTS

- 2 t Extra virgin olive oil
- 1 Onion (red) (medium) (diced)
- 2 Peppers (red) (diced)
- 3 Tomatoes (medium) (diced) OR 1 can of whole tomatoes
- 3 Garlic (cloves) (minced)
- 1 T Adobo sauce from a can of chipotles in adobo
- 2 t Cumin seeds, toasted in a dry pan
- 2 cans Black Beans (15 oz) (drained) (rinsed)
- 5 C Cold water
- Kosher salt
- Black pepper (freshly ground)
- Garnishes: Flat leaf parsley (finely chopped) & cilantro (finely chopped)



DIRECTIONS

- 1 Heat olive oil in a large Dutch oven or saucepan, over medium high.
- 2 Sauté onion, red pepper & tomatoes for 5 -7 minutes, or until lightly browned.
- 3 Reduce heat to medium low, add garlic, adobo & cumin seeds.
- 4 4. Simmer for 20 minutes, stirring occasionally, until most of the moisture has evaporated & the vegetable is very fragrant.
- 5 Add black beans & water & simmer for 30 -45 minutes, until all flavors have incorporated.
- 6 Puree 1/2 the soup using an immersion blender but making sure you allow chunks of beans & vegetables remain.
- 7 Season to taste with salt & pepper.
- 8 Ladle into bowls & serve with chopped parsley & cilantro.



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