

Dinner | Lunch

Spicy Black Bean Soup

10 Mins
Prep Time

30 Mins
Cook Time


6
Servings

 **351 Calories** **7g Fat** **55g Carbs** **19g Protein**



Ingredients

 **6 Servings**  **40 Mins Total Time**  **Allergens: N/A**

- 2 Tbsp Extra Virgin Olive Oil
- 2 Medium Yellow Onions, diced
- 3 Celery Ribs, diced
- 1 Large Carrot, peeled and diced
- 6 Garlic Cloves, minced
- 3 Tsp Cumin
- ½ Tsp Red Pepper Flakes (use less if you prefer milder foods)
- 4 (15 oz) Cans Black Beans, drained and rinsed 
- 4 Cups Low-Sodium Vegetable Broth
- ¼ Cup Fresh Cilantro, chopped
- Juice of 1 Lime
- Salt and Pepper, to taste

Optional Toppings

| | |
|---------------|----------------|
| Diced Avocado | Cilantro |
| Sour Cream | Tortilla Chips |

Nourishment Note!



Black Beans

Black beans are a wonderful source of fiber, protein, and folate. Black beans may also help to lower inflammation, which is important for those with psoriatic disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Vegetables

In a large stock pot, heat the oil over medium heat. Add the carrots, onions, celery, and a pinch of salt. Cook the vegetables, stirring occasionally, until soft, about 10 minutes.

3. Simmer Soup

Stir in the garlic, cumin, and red pepper flakes. Add the black beans and vegetable broth and bring to a simmer. Simmer soup until beans are tender, about 20 minutes.

4. Puree Soup

Once beans are tender, transfer about four cups of soup to a blender. Use a clean kitchen towel to cover the hole in the blender lid to allow steam to escape. Puree the soup until smooth. Return the pureed soup to the pot, stir in the cilantro, lime juice, and salt and pepper, to taste. An immersion blender can also be used to puree the soup in the pot.

5. Garnish, Serve & Enjoy!

Serve with your favorite toppings. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Large Stock Pot



Measuring Cups



Measuring Spoons



Blender or Immersion Blender



Kitchen Towel

PD Cooking Tips

Onion: Purchase pre-chopped onion.

Garlic: Purchase jarred, minced garlic.

Black Beans: Use an electric can opener, instead of manual, to minimize hand strain.

Cilantro: Use an herb stripper and scissors to cut fresh herbs.

Lime Juice: Purchase bottled lime juice.

When energy levels are high, make a double batch and freeze. Soup will keep well for up to 3 months in the freezer.