

Lunch | Dinner

Spicy Black Bean Soup

10 Mins
Prep Time

20 Mins
Cook Time

4
Servings

 **366** Calories **11g** Fat **50g** Carbs **18g** Protein



Ingredients

 **4 Servings**  **30 Mins Total Time**  **Allergens: None**

3 Tbsp Extra Virgin Olive Oil

1 Medium Onion, diced

1 Tbsp Ground Cumin

2 Garlic Cloves

2 (14½ oz) Cans Black Beans, drained and rinsed 

2 Cups Vegetable Broth

1 (15 oz) Jar Salsa

Salt and Pepper, to taste

¼ Cup Cilantro, chopped

Nourishment Note



Black Beans

Black beans contain fiber that may help lower cholesterol and promote heart health. They may also help lower inflammation associated with multiple sclerosis.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté the Onions

In a large pot, sauté the onion in olive oil until translucent. Add cumin and cook for 30 seconds.

3. Add Remaining Ingredients

Add 2 can of black beans, 2 cups of vegetable broth and jar of salsa.

4. Bring to a Simmer

Bring to a simmer, stirring occasionally, about 15-20 minutes.

5. Turn Off Heat and Transfer to a Blender

Turn off heat. Transfer to a blender and blend until smooth.

6. Return to Pot

Return to pot to keep warm.

7. Serve and Enjoy

Serve with cilantro sprinkled on top and enjoy.

8. Wash Hands

Wash hands with soap and water.

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

What You'll Need



Measuring Cups



Measuring Spoons



Large Pot



Wooden Spoon



Cutting Board



Knife

Fatigue Buster

- Use jarred, minced garlic or garlic paste.
- Ask a friend or family member to help make this dish.