

Soup/Black Bean

- A: 1/2 onion, diced
2c garlic, minced
1t canola oil
- B: 2T cumin, ground
red pepper flakes
- C: 1C chopped tomatoes
1C dried black beans, soaked and cooked
2C vegetable broth
- D: 1t lime juice
4T cilantro, chopped

1. Saute (A) until translucent in a large saucepan.
 2. Add (B), roast cumin.
 3. Add (C) and simmer, covered, 15 minutes. Puree using immersion blender.
 3. Add (D), garnish with sour cream, and serve.
- Servings: 4

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From the kitchen of David and Jennifer Deaven