

*From the kitchen of David and Jennifer Deaven*

\$id: black\_bean,v.1.6 2025/01/29 01:59:32 deaven Exp \$

2. Add (B), toasting for a minute or two.
  3. Add (C) and simmer, covered, 15 minutes. Puree using immersion blender.
  4. Add (D). Whisk to combine (E) and add. Simmer, covered for 20 minutes.
  5. Serve with (F) to garnish.
- Servings: 8

## Soup/Black Bean

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- A: 1 onion, chopped  
6c garlic, sliced  
1 jalapeno pepper, chopped  
2t olive oil
- B: 2T cumin, ground  
1t red pepper flakes
- C: 1C chopped tomatoes  
1C dried black beans, soaked and cooked  
2C vegetable broth
- D: 1 red bell pepper, chopped  
3 stalks celery, sliced
- E: 3T masa  
1/4C water
- F: 1 lime, cut into 8 wedges  
4T cilantro, chopped  
1/2C sour cream or yogurt
1. Saute (A) until onions are translucent in a large saucepan.



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