

Vegan Black Bean Soup

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

Cook time: 30 minutes

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 cans (15 ounce) black beans
1 can (15 ounce) whole kernel corn
1 can (14.5 ounce) crushed tomatoes

Heat the oil in a large pot over medium-high heat.

Saute' the onion, celery, carrots and garlic for 5 minutes.

Season with the chili powder, cumin and black pepper. Cook for 1 minute.

Stir in the vegetable broth, two cans of the beans and the corn. Bring to a boil.

Meanwhile, in a food processor or blender, process the remaining two cans of beans and the tomatoes until smooth. Stir into the boiling soup mixture. Reduce the heat to medium and simmer for 15 minutes.

Per Serving (excluding unknown items): 604 Calories; 7g Fat (10.7% calories from fat); 33g Protein; 105g Carbohydrate; 24g Dietary Fiber; 2mg Cholesterol; 1140mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat.