



BLACK BEAN AND CHIPOLTE SOUP

Makes about 8 Cups

2 Onions, Chopped	7 Cups Vegetable Broth
3 Garlic Cloves, Minced	3 Cans 19oz (540ml) Black Beans
4 Celery Stalks	1 Can 28oz () Diced Tomato
2 Tbsp Cumin	2 Tbsp Chipolte Pepper (Crushed)
3 Carrots Diced	¼ Cup (75ml) Chopped Cilantro

1. In a stockpot add onions, garlic, celery and carrots cook until onions are transparent and tender.
2. Stir in broth, black beans, tomatoes, chipolte pepper and cilantro.
3. Cover and bring to boil, stirring occasionally. Reduce heat and simmer 25–30 minutes.
4. Blend with a hand blender.
5. Stir and taste.
6. Add more spice if needed.
7. Serve with a dollop of lime sour cream if desired

