



Dose  of Nutrition
Black Bean Soup

BY HUMA NAZ



About 4
serving



Total time:
35 mins.



Vegetarian

INGREDIENTS

- 1 can of black beans (15 oz)
- 2 cups of vegetable broth
- 1 cup tomato sauce or pureed tomatoes
- 1/4 cup onions, chopped
- 1/4 cup bell peppers, chopped
- 1/2 cup carrots, chopped
- 1/4 tsp ground turmeric
- 1/4 tsp chili powder
- 1/4 tsp ground cumin
- 1/2 tsp ground pepper
- 2 tsp minced garlic
- 1 tbsp oil
- cilantro, lemon wedge for garnish

PROCEDURE

- 01** Warm up oil in a pot, add spices, minced garlic, and onion. Sauté the onions for ~2 minutes on medium-low heat and toss in celery, bell peppers, carrots. Stir to combine ingredients.
- 02** Pour tomato sauce, vegetable broth, and beans into the pot. Stir well.
- 03** Bring soup to a boil then let the soup simmer on low heat with lid on for about 30 minutes stirring occasionally in between time (let it simmer a few more minutes if carrots need to soften a bit more) and enjoy!

RECIPE NOTES

You can store extra soup in the fridge for 3-5 days or portion and freeze in freezer bags to enjoy later.