

BEST BLACK BEAN SOUP

INGREDIENTS

1 large onion, diced
10 garlic cloves, minced
2 medium carrots, diced
2 tsp cumin
3 cans black beans
4 cups veggie broth
1 cup chopped Bok choy or kale
1 red bell pepper, diced
1 ½ cup orange juice
2 tomatoes, chopped
1 large sweet potato, diced
1 tsp turmeric
1 tsp black pepper
pinch cayenne pepper

DIRECTIONS

1. Sauté onions and garlic in small amount of veggie broth for 3-5 minutes
2. Add carrots, sweet potato, and cumin for 5-10 minutes, adding more veggie broth if needed
3. Add the rest of the ingredients and bring to a boil. Reduce the heat to a simmer and cook 20-30 more minutes or until sweet potato is tender.
4. Season with salt and pepper to taste and puree if preferred

