

Black Bean Soup



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Ingredients

Yield: 5 cups

- 2 cans black beans
- 1 tbsp coconut oil
- 1 c water
- ¼ c chopped white onion
- ¼ c chopped green onions
- ¼ c chopped mushrooms
- ¼ c chopped red bell pepper
- 3 medium cloves finely chopped garlic or 3 tsp preminced
- sea salt to taste
- chili powder to taste
- cumin powder to taste
- hot sauce (optional)

Directions

1. In a food processor or blender, blend 1 can of black beans with 1 cup water until smooth.
2. Meanwhile, in a medium-deep sauce pan sauté onions, mushrooms, peppers, garlic in 1 tablespoons coconut oil.
3. When vegetables are tender, add black beans and water from the blender and stir on a medium-low heat.
4. Add second can of beans. Add sea salt, chili powder, cumin and hot sauce (if desired) to taste. Heat until hot throughout and serve.

Nutritional Information

(calculated with ½ tsp salt)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	212	4 g	11 g	20 g	1079 mg

Carbohydrate Exchanges: 1 ½