



# RECIPE



## Black Bean Soup

Submitted by Bonny B.

“My revision taken from Mean Lean Yum! - Noreen Gillitz Book”

### Ingredients

- 1 can organic black beans (drained and rinsed)
- 1 tbsp. olive oil
- 1 onion (diced)
- couple of cloves garlic
- 3 stalks celery (chopped)
- 3 large carrots (chopped)
- 1 tsp. dried basil
- 1/2 tsp. red pepper flakes, 1 tsp. cumin
- 1 container organic chicken or vegetable broth. Salt and pepper to taste

### Directions

1. Heat oil in large soup pot, add onions, garlic, celery. Saute for 5 or 6 minutes. Add a little water or broth if necessary to prevent sticking.
2. Add beans, carrots, seasonings and broth. Puree part or all of soup.