

Canned Black Bean Soup

Total Time

Prep: 10 min. Cook: 35 min.
Makes 6 servings

Ingredients

2 Tbsp olive oil
1 medium onion, thinly sliced
1 carrot, thinly sliced or grated
1 celery stalk, chopped
1/2 red bell pepper, julienned
1 tsp chili powder
1 tsp cumin
1 tsp garlic powder
4 cups low sodium vegetable stock
2 cups water
1 small can (14 oz/398 ml) crushed tomatoes
2 cans (19 oz/540 ml) low sodium black beans, drained and rinsed



For Garnish (Optional):

avocado
fresh cilantro
chopped red onion
lime

Directions

1. In a medium pot, heat the olive oil. Add the sliced onions and cook stirring occasionally until the onion starts to caramelize for about 4 to 6 minutes.
2. Add the carrot, celery, and red bell pepper. Cook stirring occasionally until the vegetables start to soften for about 4 to 5 minutes.
3. Sprinkle the chili powder and cumin over the vegetables. Stir and wait until the spices become fragrant. This usually takes about one minute. Then add the garlic powder.
4. Add the vegetable stock, water, and crushed tomatoes.
5. Place half of the black beans (one can) into a bowl and mash them with a potato masher until almost all beans are broken.
6. Add all the beans (both cans) to the soup. Season with salt and pepper.
7. Bring to the boil. Reduce heat, cover and cook for about 25 to 30 minutes or until the vegetables are cooked through.
8. To serve, garnish with optional items: avocado, fresh cilantro, and chopped red onion.

Tips:

1. Instead of mashing the beans you can puree the soup with an immersion blender or transfer half of the soup into a regular blender and puree it by pulsing a few times. Make sure the soup is cool enough to handle before proceeding. Don't over-process the soup because it tastes best when it's still chunky.
2. If you are salt sensitive, look for low sodium cans of beans or drain the beans and rinse them. The Bean Institute reports that draining and rinsing canned beans can reduce their sodium content by more than 40%.

Shopping List

4 cups low sodium vegetable stock
1 small can (14 oz/398 ml) crushed tomatoes

(Put these dry ingredients in a zip lock plastic bag or consider also providing spices.)

2 cans (19 oz/540 ml) low sodium black
beans
1 medium onion
1 pkg. carrots*
1 celery*
1 red bell pepper*
avocado, optional*
fresh cilantro, optional*
red onion, optional
lime, optional*

1 tsp chili powder
1 tsp cumin
1 tsp garlic powder

The items with an asterick (*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe for those items and to purchase a gallon of milk and a loaf of bread. Staple the gift card to the printed recipe.