

Best Ever Black Bean Soup

This week I am happy to share a recipe from an Austin friend and outstanding vegan chef, Anna Fry. Anna passed along this recipe ages ago when our then-preteens enjoyed this soup for lunch at her home during a school holiday. It still a top request at the Hubele home when soup season rolls around.

What's great about this soup is, you are sure to have most if not all of the ingredients on hand, and prep time is minimal.

Ingredients

- 2-3 T olive oil
- 1 T fresh ginger grated
- 1-2 garlic cloves, peeled and minced
- 1 small onion, peeled and diced
- 2-3 fresh tomatoes diced
- 2 cans rinsed and drained black beans, or fresh cooked
- 1 can full-fat coconut milk
- 1-2 cups vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- Dash cayenne pepper
- Juice from one orange and one lime
- Salt and pepper to taste
- Serve with fresh cilantro and lime wedges

Directions

In a heavy soup pan over low heat, warm olive oil, adding onion, garlic and ginger. Saute over low heat until items are soft and onions become translucent. Add tomatoes and spices, cooking for a few more minutes. Add beans, coconut milk and one cup vegetable broth. Simmer for 10 minutes to blend flavors, adding more broth if desired and citrus juices. Season to taste. You can choose to serve soup as is or divide

in half, blending one portion of the soup with an immersion blender and combining with remaining unblended soup.

Enjoy!

Photo by J Doll