

Vegan Black Bean Soup (modified)



Rated

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Prep Time: 15 Minutes

Cook Time: 30 Minutes

Ready In: 45 Minutes

Servings: 6

"Pureed black beans and tomatoes are combined with vegetable broth to make a nice thick base for this soup, which hosts celery, carrots, onion and corn."

INGREDIENTS:

2 large onions, chopped	1 tablespoon ground cumin
2 stalks celery, chopped	1 pinch black pepper
4 carrots, chopped	4 cups vegetable broth
8 cloves garlic, chopped	4 (15 ounce) cans black beans
1 tablespoon chili powder	1 (16 ounce) bag frozen whole kernel corn
	2 (14.5 ounce) cans crushed tomatoes

DIRECTIONS:

1. Sauté onion, celery, carrots and garlic for 5 minutes in a little vegetable broth. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in remaining vegetable broth, 2 cans of beans, and corn. Bring to a boil.
2. Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Nutrition Information

Servings Per Recipe:
Calories:

Amount Per Serving

Total Fat:

Cholesterol:

Sodium:

Amount Per Serving

Total Carbs:

Dietary Fiber:

Protein:

