

Spicy Black Bean Soup | bites out of life

Adapted from [Epicurious](#)

- 2 tablespoons olive oil
- 1 large red onion, chopped
- 1 4-ounce can diced mild green chilies
- 2 garlic cloves, minced
- 2 jalapeños (with seeds), diced*
- 2 tablespoons ground cumin
- 1 teaspoon chili powder
- 2 15-ounce cans black beans, drained and rinsed
- 3 cups low-sodium vegetable or chicken broth



*If you don't want a ton of heat in your soup, you can always seed the jalapeños before dicing.

- 1) Heat the oil in a large pot on medium-high heat. Add the onions, green chilies, garlic, jalapeños, chili powder and cumin. Sauté until the onion is tender, about 5 minutes.
- 2) Add the beans and the chicken broth. Bring soup to boil. Reduce the heat to medium-low, cover and simmer for 15-20 minutes.
- 3) Using a stick blender, puree the soup lightly so that it is slightly chunky. (Alternately, you can pour half of the soup into a blender, puree slightly and return to the pot. Make sure to use a towel over top the blender to make sure the soup doesn't splash up on you.)
- 4) Simmer for an additional 3-5 minutes, then top with sour cream, chopped cilantro or tortilla chips and serve.

From: <http://www.bitesoutoflife.com/2012/01/26/spicy-black-bean-soup/>