

Low-Sodium Black Bean Soup

8 servings • Category: Soup • Generated by Nutrifax

Ingredients

- 2 cup Beans (black turtle, mature seeds, raw)
- 1 1/2 cup, sliced Onions (raw)
- 5 clove Garlic (raw)
- 1 cup, sliced Peppers (sweet, red, raw)
- 1/2 cup grated Carrots (raw)
- 1/2 × 250 ml diced Celery (raw)
- 1896 g Beverages (water, tap, well)
- 2 tsp Spices (cumin seed)
- 1 tsp, leaves Spices (oregano, dried)
- 1 tsp Spices (paprika)
- 2 tbsp Vegetable oil (olive)
- 31 g Lime juice (raw)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. The night before, sort and rinse the dried black beans. Cover with several inches of water and soak overnight (or at least 8 hours). Drain and rinse.
2. Heat olive oil in a large pot over medium heat. Add the onion, bell pepper, carrots, and celery. Cook 6 minutes until softened.
3. Add the garlic, cumin, oregano, and paprika. Stir 30 seconds.
4. Add the soaked beans and 8 cups of water. Bring to a boil, then reduce heat and simmer partially covered for 1.5 to 2 hours until the beans are very tender.
5. Use an immersion blender to partially purée — blend about half for a thick, creamy texture while leaving some whole beans.
6. Stir in the lime juice and pepper. Taste and adjust seasoning.
7. Serve topped with diced avocado, a squeeze of lime, or a dollop of Greek yogurt. Note: this recipe is intentionally made without added salt. The beans provide natural flavour.