

Black Bean Soup

Break out your tux and fine China, this stuff's fancy.

- Servings - 4
- Prep time - 10 minutes
- Cook time - 30 minutes

Ingredients

- 1 medium onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 small red bell pepper, chopped
- 3 cloves garlic, minced
- 3 cans of black beans, drained and rinsed
- 3 cups chicken stock
- 2 teaspoons cumin
- 1 teaspoon dried oregano
- 2 bay leaves
- 1 tablespoon red wine vinegar
- 1/4 cup white wine (optional)
- Salt and pepper to taste

Protocol

1. In a large sauce pan, saute onion, carrots, celery, and pepper in olive oil for 5 minutes.
2. Add the garlic and cook for another 2 minutes.
3. Add the beans, stock, cumin, oregano, bay leaves, wine and red wine vinegar and bring to a simmer. Simmer uncovered for 15 to 20 minutes until slightly thickened.
4. Remove the bay leaves and blend with an immersion blender. Season with salt and pepper to taste.
5. Serve with sour cream and chopped chives (or over rice) and enjoy!

-D&E