

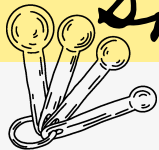


Recipes for Change



**Spicy
Black
Bean
Soup**

Spicy Black Bean Soup



Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 medium yellow onions, chopped
- 3 celery ribs, finely chopped
- 2 large carrots, peeled and sliced into thin rounds
- 6 garlic cloves, pressed or minced
- 4 1/2 teaspoons ground cumin
- 1/2 teaspoon red pepper flakes
- 4 cans (15 ounces each) black beans, rinsed and drained
- 4 cups (32 ounces) low-sodium vegetable broth
- 2 tablespoons fresh lime juice salt and pepper, to taste

Instructions: Fry onions, celery and carrot and a light sprinkle of salt in olive oil until soft. Stir in the garlic, cumin and red pepper flakes and cook about 30 seconds. Pour in the beans and broth and bring to a simmer over medium-high heat. Gently simmer about 30 minutes. Add salt and pepper to taste. Can serve over rice with optional cheese on top.