

# Spice Ame Cooks

## Black Bean Soup

Serves 6-8

### *Ingredients:*

40 ounces of black beans  
2 medium white onions  
2 poblano peppers  
2 stalks of celery  
2 carrots  
3 bouillon cubes (or 3 cups of chicken stock)  
3 cups water  
1 t. cumin  
1 bay leaf  
1 t. salt  
1 t. pepper  
2 chipotles in adobo

### *Optional:*

cilantro  
sour cream  
crusty buttered bread



### *Directions:*

1. Prep the veggie prep out of the way: chop and mince 2 onions, 2 stalks of celery, 2 poblano peppers, and 2 carrots.
2. Heat 2 T. olive oil in the Dutch oven or soup pot and add all of the veggies – sprinkle over 1 t. salt and 1 t. pepper. Allow the vegetables cook for 10-20 minutes until completely tender and slightly browned.
3. Half way through the cooking process – add in 1 t. cumin, 1 bay leaf, and 2 chipotles in adobo.
4. While the vegetables are browning, drain and rinse the black beans. Check out my giant can of black beans.
5. Add 3 bouillon cubes, 3 cups of water, and the black beans to the Dutch oven. Stir and allow the soup to simmer from anywhere from 20-30 minutes. I left the lid halfway on – in order to let the soup thicken slowly.
6. The soup should have some liquid – but not enough that the soup should be covered anymore.
7. Remove from the heat and take an immersion blender and blend the soup. If you don't have an immersion blender you can use a food processor or a blender – just go in stages since this makes a lot of soup.
8. Time to serve - you can top with a dollop of sour cream and cilantro - I also served this with crusty French bread with butter.