

Authentic Black Bean Soup

(SLICE COOKBOOK)

1 Tbsp olive oil
1 onion, diced
3 garlic cloves, chopped
2 cups of black beans, cooked
1 large sweet potato, chopped
2 large carrots, chopped
1 tomato, chopped
2 tsp cumin
1 tsp sea salt
2 tsp chili powder
1/2 tsp oregano
3 cups Vegetable Stock (or Chicken Stock)
1 lime, juiced

In a large pot, heat oil over medium heat. Add onion and garlic, saute until translucent. Add beans, sweet potato, carrot, tomato, cumin, salt, chili powder and oregano and saute for 5 minutes, stirring frequently. Add stock, bring to a boil, reduce heat and simmer covered for 20 minutes, or until sweet potato is tender. Puree in a blender or with a hand blender. Add lime juice, stir to blend. Garnish with avocado.