

Black Bean Soup

1 onion, diced
2 garlic cloves, minced
2 celery ribs, diced
1/2 large red bell pepper, diced
2 t chicken bouillon
1 1/2 c boiling water
2 (15 oz) cans black beans
1/2 t salt
1/2 t cumin
juice of 1/2 lemon
1 1/2 T cornstarch
1 1/2 T water



Combine the first six ingredients in a pot and simmer for 10 minutes. Add 1/2 of one of the cans of beans, salt, and cumin, simmering for 5 additional minutes. Using an immersion blender, puree the mixture. Add the rest of the beans to the pureed mixture (leaving them whole). Combine the cornstarch and water, then add the lemon juice and cornstarch/water combo to the soup. Continue cooking until it has thickened. Garnish ideas: sour cream, tortilla strips or crushed tortilla chips, and/or cilantro.

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