

Soup

Black Bean Soup

**Vegan, Gluten-Free*

The key ingredient in this black bean soup is the orange juice in the broth. the sweetness from the orange juice makes the perfect balance to the spice that that cayenne offers.

You'll Need

- 1 tablespoon olive oil
- 3 cups chopped onions
- 2 teaspoons cumin
- 1 teaspoon of salt
- 1 medium carrot, finely chopped
- 10 cloves garlic, crushed
- 1 medium zucchini, diced
- 5 cups cooked black beans
- 1 ½ cups orange juice
- Black pepper
- Cayenne Pepper
- 8 ounces of Salsa



Directions

- Place oil in large pot. Heat the oil and sauté the onion, cumin, salt, zucchini, carrot, and the garlic over medium heat.
- Sauté until carrot is tender. Add cooked beans. Mix in orange juice, cayenne, black pepper, and salsa. Simmer over low heat for 20 to 25 minutes.

Play with Your Food

- Substitute the zucchini for bell pepper or do a mixture of half and half.
- Try adding a splash of chipotle hot sauce
- Serve topped with sour cream or grated cheese of choice.
- Add some chopped fresh cilantro.'

Medwell Kitchen Tested