

## Black Bean Soup

**Makes Five Servings – Serving Size: 3/4 cup**

### Ingredients:

1 tablespoon Extra Virgin Olive Oil  
1 cup Onion – small dice  
2 teaspoon Fresh Garlic – minced  
2 tablespoon Tomato Paste  
½ teaspoon Dried Oregano  
½ teaspoon Paprika  
¼ teaspoon Cumin  
2 cups Vegetable Stock  
15 ounce Can Black Beans – drained and rinsed  
1/3 cup Poblano Pepper – charred, peeled, seeded & chopped (approx. 1 poblano pepper)

### Procedure:

In cook pot, on medium heat, add oil and sauté onion until transparent, add garlic and sauté two minutes. Add tomato paste and sauté two minutes stirring frequently, add remaining ingredients; bring to a simmer, turn off heat, then remove from stove and puree with vertical immersion blender until pureed. Serve or allow to cool, cover, label, date and refrigerate.

### Nutritional Information per Serving:

Calories: 130	Sodium: 360mg	Sugars: 2g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: 5g	Protein: 5g	Carbohydrate: 19g

### Chef Notes:

- This recipe can be made with canned jalapeno chili for easier preparation.