

Black Bean Soup

This soup was my go to on my weight loss journey. Full of veggies, protein and super delicious.

Prep:
5 minutes

Cook:
25 minutes

Ready In:
30 minutes

Servings:
6



Ingredients

- 3 cans (15 oz) black beans rinsed and drained
- 1 yellow onion chopped
- 3 stalks celery chopped
- 2 large carrots, peeled and chopped
- 3 garlic cloves minced
- 1 tbsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 3 cups vegetable broth

Instructions

- 1 In a saucepan over medium heat add 2-3 tbsp of the vegetable stock into the pan. Next add in your onion, celery, carrot and garlic and saute for 5-7 minutes until fragrant.
- 2 Add in the rest of your ingredients and bring to a boil. Once boiling, cover, reduce heat to a simmer and let cook for 25 minutes. Once the soup is done, use an immersion blender to lightly blend until creamy. I personally like to leave a little bit of chunks in it for texture.
- 3 Feel free to add any toppings you like. I like to add fresh chopped avocado on top and a bit of cilantro.