



Black Bean Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1 small onion, diced

½ green or red pepper, diced

½ celery stalk, diced

½ jalapeño pepper, diced

2 oz. ham or kielbasa, diced (optional)

1 clove garlic, minced

1 ½ to 2 cups chicken broth

1 can black beans

½ T cumin

½ t dried rosemary, oregano or thyme

¼ t cayenne

½ t flour

Salt & Pepper to taste

Instructions

Sauté onions, peppers, celery, garlic and ham in a pot for 3-4 minutes. Add broth and beans and bring to a boil. Simmer for 10 minutes. Lower heat and mash the beans with a spatula or potato masher. Only mash about half of the beans or to your desired consistency. Add the spices and flour with a whisk; simmer over low heat for 5 more minutes. Salt and pepper to taste. Serve with finely chopped tomatoes and onions.

Diced (peeled) tomatoes, chopped carrots, spinach or eggplants add great color and flavor.