

# **Black Bean Soup**

## **Ingredients:**

- 1 bag black beans dried (2.5 cups)
- 8 cups chicken broth
- 1 large onion, chopped
- 2 cloves garlic
- 4 stalks celery, diced
- 2 large carrots, diced
- 1 tsp cumin
- ½ tsp black pepper
- 1 tsp salt
- 1 tbsp Italian seasoning
- ½ tsp tumeric

## **Instructions**

1. Place beans in 4 cups water, boil for 2 minutes, soak for an hour
2. Drain the beans and add to the broth. Simmer 2-3 hours, partly covered, until beans are soft.
3. Sautee garlic and onion. Add celery and carrots until soft. Add all spices. Add this to the beans.
4. Simmer another 30 minutes.
5. Puree in a food processor.
6. Garnish with scallions and/or hard boiled egg.

