

Brazilian Black Bean Soup

INGREDIENTS

2 500mL cans of black beans
6 cups water
4 cups chopped onion
4 tbsp. olive oil
10 cloves garlic, chopped or crushed
2 medium carrots, chopped
2 medium bell peppers, diced
1/2 cup orange juice
2 tbsp. cumin
2-3 tsp salt
pepper (to taste)
cayenne pepper (to taste)
1 796mL can of diced tomatoes

DIRECTIONS

1. Heat olive oil in large saucepan.
2. Add onion, half of the garlic, cumin, salt, and carrots. Sauté over medium heat until carrots are just tender.
3. Add remaining garlic and bell peppers.
4. Sauté until everything is tender, approximately another 10-15 minutes.
5. Add in beans and stir.
6. Stir in orange juice, black pepper, cayenne, and tomatoes.
7. Puree all of some of the soup in a blender, and return it to the saucepan.
8. Simmer over very low heat for an additional 10-15 minutes.
9. Serve. topped with an arrangement of cilantro, sour cream, and salsa.