



BLACK BEAN SOUP – Lucky 32

1	tablespoon	Olive Oil
1/3	cup	red onions, finely chopped
2	cans	black beans, drained
1/2	can	tomatoes - chopped
2 1/2	cups	vegetable stock
1	teaspoon	ground cumin
1	teaspoon	fresh parsley, chopped
		Salt & Pepper to taste

Drain excess liquid from beans and rinse. Let drain while cooking onions.

Sauté onions in oil in soup pot till transparent but not brown.

Add remaining ingredients and beans to pot.

Heat to boil then reduce and simmer for 1 hour.

Makes – 5 cups

Disclaimer: All our recipes were originally designed for much larger batch size. This recipe has been reduced – but not tested at this scale. Please adjust as to your taste and portion size.

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