

ROASTED SALSA BLACK BEAN SOUP

INGREDIENTS

3 tablespoons olive oil
6 medium roma tomatoes
4 cloves garlic
1 medium yellow onion
1 medium jalapeno
2 medium poblano peppers
1 medium red bell pepper
1/4 bunch cilantro
1 medium lime, juiced
4 cups (2 cans) cooked black beans
3 cups low sodium chicken stock
1 teaspoon cumin
salt and pepper to taste
hot sauce to taste (optional)

Garnish Options

Sautéed Chorizo sausage
Deep fried corn tortilla strips
Cherry tomatoes
Radishes
Cilantro
Sour cream
Shredded cheddar or monterey jack cheese

DIRECTIONS

Preheat the oven to 400F degrees. Rinse the vegetables (tomatoes, onion, garlic, bell pepper, poblano, jalapeno) and cut into large chunks. Place vegetables on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper.

Toss the vegetables to coat. Roast the vegetables in the oven for about 45 minutes or until the skins are bubbled up and brown. Remove the vegetables from the oven. Let them cool enough to handle then remove the skin and seeds from the poblanos and bell peppers. Place all of the roasted vegetables, any juice from the baking sheet and a handful of cilantro into a food processor or blender. Process until you have a fairly smooth, salsa-like consistency.

Combine the pureed vegetables and the cooked beans in a large pot. Add 3 cups of low sodium chicken broth. Add the juice from one lime, cumin and salt to taste. Heat the mixture through (about 10-15 minutes).

Transfer about 2/3 of the soup to the food processor or blender and process again until smooth. Add it back to the pot and stir it into the larger chunks that were left behind. Give the soup a final taste and adjust the seasoning as needed (salt, pepper, hot sauce, cumin, cayenne, whatever you like). Garnish and serve.