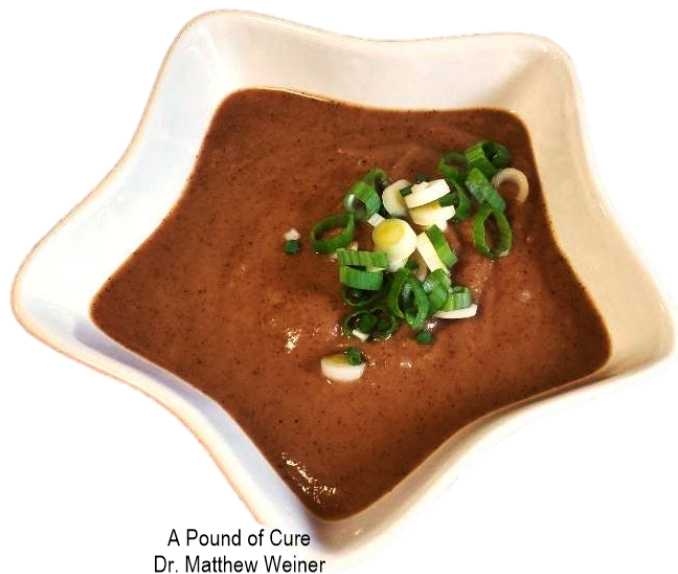


Black Bean Soup

Serves: 6-8

Ingredients:

4 celery ribs with leaves, chopped
1 large onion, chopped
1 large red pepper, chopped
1 Poblano Chili, chopped
1 jalapeno, seeded and chopped
1 (15) ounce can tomatoes
4 garlic cloves, minced
1 teaspoon Salt
2 tablespoons olive oil
2 (15) ounce cans black beans, rinsed
32 ounces chicken Stock
3 teaspoons ground cumin
1 teaspoon Hot Sauce
1 Tablespoon Worcestershire
¼ teaspoon pepper
1 bay leaf
1 teaspoon Cider Vinegar



A Pound of Cure
Dr. Matthew Weiner

Equipment Needed:

Large stock or pasta pot with lid
Large Bowl
Blender
Cutting board
Knife
Large serving spoon
Can opener
Colander

Directions:

Add the first 9 ingredients to a large stock pot over medium-high heat, and cook until the vegetables are softened. Stir occasionally.

Add the next 7 ingredients into the pot. Cover the pot and simmer on low for 20-30 minutes, stirring occasionally.

Remove the bay leaf from the pot.

WORKING IN BATCHES: Ladle the soup into a blender until the blender is about $\frac{3}{4}$ full. Cover the blender with the lid but remove the pour cap to allow steam to escape. Cover the pour cap hole with a dishtowel to avoid splatter and turn the blender on high. Blend thoroughly. Once the ingredients are smooth, pour the contents of the blender into a large bowl and repeat step #4 again and again until all of the soup has been blended.

Pour the soup from the bowl back into the stockpot. Add Cider Vinegar. Stir. Serve and Enjoy!

NOTES: Top with diced green onions. (Optional)