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Reduced Sodium Black Bean Soup with Jalapeno Cream

Serves 6 to 8

Ingredients:

1 lb. black beans
6 cup beef broth (lowest in sodium)
8 cups water
1 (28oz or 32oz) can tomatoes with their juices, chopped
2 tsp cumin
pinch of sea salt, **or** kosher salt, and black pepper to taste

Jalapeno cream:

$\frac{2}{3}$ cup plain non-fat or low fat yogurt
1 or 2 fresh jalapenos or pickled jalapenos, seeded and minced
3 TBSP minced fresh parsley
1 TBSP minced cilantro (optional)

Garnishes:

$\frac{1}{2}$ cup red onion, chopped
 $\frac{1}{2}$ avocado, peeled, seeded, and chopped

Preparation:

1. Put beans in a large heavy pot, add broth and water. Bring to a boil, stirring a few times. Reduce the heat and simmer the beans in the uncovered pot for 10 minutes or so.
2. Stir in the tomatoes with their juices and the cumin and continue simmering the beans for another 15 minutes or so.
3. Transfer soup to a large bowl and let it cool briefly. Puree until it is smooth.
4. Season with a salt and pepper.
5. To prepare the jalapeno cream, whisk together the yogurt, jalapenos, parsley, and, if you are using it, cilantro. Serve a dollop of the jalapeno cream with each bowl of soup. Add garnishes if you like.



Food Fairy Note: