****

**BLACK BEAN SOUP**

**Ingredients:**

* 3 Tbs. extra virgin olive oil, preferably cold-pressed
* 1 large red onion, diced
* 3 garlic cloves, chopped fine
* 1 jalapeno pepper, diced fine
* 1 small can chopped green chilies
* 4 cups vegetable broth (or) 4 cups of purified water and 2-3 organic vegetable cubes or 1 heaping tablespoon of **Better than Bouillon** vegetable concentrate
* 3 cans black beans, rinsed (or) 1 cup dried black beans soaked and boiled before hand
* 1 ¼ Tbs. cumin powder
* ¼ cup fresh cilantro, chopped
* Sea salt and pepper to taste

**Method:**

1. Add olive oil to a large cooking pot.
2. Add onions and cook on medium low (4) for about 10 minutes stirring occasionally.
3. Add garlic, jalapeno, chopped chilis and cook for another 5 minutes.
4. Add the vegetable broth, beans and cumin and cook for 10 minutes.
5. Add cilantro, salt and pepper and heat through.
6. Serve on its own or as a meal by adding ½ cup cooked rice to your bowl to make a filling yet light meal.
7. This soup freezes well so freeze in glass containers and enjoy at any time.