

## Black Bean Soup

Three hours is usually enough time for soaking the beans but you can boil them in water if you are in a hurry. I read in Mexican cookbooks that they never soak their beans - do so at your own risk!

*Serves 6*

### Ingredients

1 cup of dried black beans, soaked 3-8 hours in cold water with 1/4 teaspoon baking soda  
2 quarts low-fat, reduced sodium chicken broth  
1 small red onion, about a cup chopped  
2 tablespoons ground cumin  
2 tablespoons sweet chili powder  
1/2 teaspoon ground cayenne  
3 cloves of garlic, minced  
2 tablespoon canola or olive oil  
zest of 1 lime  
juice of 2 limes  
1/2 teaspoon salt

### Directions

Drain beans and rinse under cold water. Set aside.

In a large stockpot, heat the oil, over medium-high heat until hot but not smoking. Sauté the red onion until it becomes translucent and soft, about 5-6 minutes. Add cumin, chili, cayenne, and garlic. Continue to cook 2-3 minutes until the spices release their aroma. Increase the heat to high and add the drained beans and 1 1/2 quart of the chicken stock. Cover and bring to a boil.

Reduce heat to a simmer and continue cooking until beans are tender and have started to break apart (1-1 1/2 hours). If you want a thicker soup, simmer an additional hour or puree in a blender or food processor. Add additional broth if the mixture becomes too thick. Before serving, season with salt, lime juice, and zest.

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