

Cumin-Jalapeno Black Bean Soup

By Olaiya Land

Serves 4

For Soup:

2-3 tablespoons Olive Oil

1 medium yellow Onion, diced

2 medium carrots, peeled and diced

4 garlic cloves, minced

1 tablespoon ground cumin

2-4 teaspoons chopped Jalapeno with seeds, divided or to taste

Two 15 to 16-ounce cans organic black beans, undrained

15-ounce can diced tomatoes in juice

1 ½ cups vegetable stock

To serve (options):

Chopped fresh cilantro

Chopped green onions

Grated Sharp cheddar cheese or crumbles feta

Sour Cream

Tortilla Chips

Heat olive oil in heavy pot over medium-high heat. Add onions, carrots and garlic: Sauté until vegetables begin to soften, about 6 minutes. Mix in cumin and half of Jalapeno. Add beans, tomatoes with juice and stock; bring soup to boil.

Reduce heat to medium, cover and cook until carrots are tender (could be 15 minutes or even an hour). You can serve this way or transfer half of the soup to blender and puree until smooth. Return puree to pot. Simmer soup until slightly thicken, about 5-10 minutes. Season to taste with salt and remaining jalapeno.

Ladle soup into bowls and add toppings.