

Black Bean Soup

1. 1 pound dried black beans, picked over, soaked overnight, and drained
2. 2 large yellow onions, diced
3. 2 jalapenos, minced
4. 1 tablespoon extra-virgin olive oil
5. 4 garlic cloves, minced
6. Coarse salt and ground pepper
7. 2 teaspoons ground cumin
8. 1 3/4 cups low-sodium vegetable broth—Low salt method 1 cup broth and 3/4 cup water.
9. 2 tablespoon cornstarch
10. 2 tablespoons fresh lime juice (from 2 limes)
11. Diced avocado, diced onion, cilantro, low-fat plain yogurt, and tortilla strips, for serving

Add lime after done cooking the soup, *take off the stove* and add the lime juice.

Avocado Relish

1. 1 avocado
2. red onion—about a 1/4 cup minced
3. 1 jalapeno—be careful with chilis, take them out if you do not want it too hot.
4. 1 small tomato, deseeded
5. cilantro chopped, to taste
6. 1/2 lime
7. Salt and pepper ! qC

Step 1

Soak bean overnight in fridge and drain because you want to use fresh water. In a medium saucepan, cover beans with fresh cold water by 2 inches. Add one quarter each of onions , jalapenos, and salt, and bring to a boil over high. Reduce to a rapid simmer; cook until beans are tender, 45 to 50 minutes. **Or use the crock pot and cook on high for 5-5 ½ hours.**

Step 2

In a large Dutch oven or heavy pot, heat oil over medium-high. Add garlic and remaining onions; season with salt and pepper. Cook, stirring often, until onions are soft and golden brown, 10 minutes. Stir in remaining jalapenos, cumin, beans and their cooking liquid, and broth. Season with salt and pepper. Bring to a simmer and cook until beans are soft, 20 minutes (if necessary, add up to 1 cup water to keep beans covered). Keep lid ajar.

Step 3

Transfer 2 cups soup mixture into a blender and add cornstarch. Puree until smooth (use caution when blending hot liquids). Return to pot. Cook, stirring, until soup thickens, 1 to 2 minutes. **Turn off stove**, Add lime juice and season to taste with salt and pepper **AFTER** it is done cooking. To serve, top with avocado, diced onion, cilantro, yogurt (Greek), and tortilla strips. Make sure the Greek yogurt is cold!

Step 4

Chunk up avocado and smoosh with red onion, jalapeno, tomato, and cilantro. Season with salt and pepper. Add lime juice when done .