

Ingredients for Always Bet on Black Bean Soup:

1 can black beans (15 oz)
1 cup chicken broth
1 teaspoon cumin
3 tablespoons salsa
2 slices Canadian bacon chopped
1 jalapeno pepper, seeded and diced
2 - 3 cloves garlic
1/3 cup diced red bell pepper
1/3 cup diced carrot
1/3 cup diced onion
2 small red potatoes (about 1/2 cup chopped)
1 cup fresh spinach
1 Roma tomato (seeded and diced)
cilantro to taste

Garnish:

light sour cream
tortilla chips
cilantro
chopped tomato

**Directions:**

1. Chop red bell pepper, carrot and onion, garlic, jalapeno, potatoes, Canadian bacon and Roma tomato.
2. Separate 1/3 cup whole beans from can of black beans (liquid reserved).
3. Saute red bell pepper, carrot and onion in 1 tablespoon olive oil over medium heat until they start to soften (5 minutes). Add pinch of sea salt and black pepper.
4. Add garlic, jalapeno, Canadian bacon and potatoes. Stir in chicken broth and salsa.
5. Bring to a boil, reduce heat to low. Cover and simmer until tender (10 minutes).
6. Add spinach and cilantro. Simmer uncovered until softened (5 minutes).
7. Add black beans with liquid to the broth mixture. Simmer an additional 5 minutes.
8. Carefully transfer mixture to blender. Puree until smooth. Return puree to pot.
9. Stir in reserved black beans, chopped tomato and cumin. Salt and pepper to taste.
10. Serve piping hot. Garnish with cilantro, sour cream, chopped tomato, and tortilla chips. **Makes about 4 cups of soup.**