

MAUI BLACK BEAN SOUP

INGREDIENTS

2 Tbsp/ 30 ml extra virgin olive oil
2 ribs celery, trimmed and coarsely chopped
1 fat carrot, peeled and chopped
1 small purple onion, peeled and chopped
1 red pepper, seeded and de-veined, chopped
1 green pepper, seeded and de-veined, chopped
2 cloves garlic passed through a garlic press
1 tsp/ 5 ml dried cumin
1 tsp/ 5 ml dried oregano
1 tsp/ 5 ml dried basil
1 tsp/ 5 ml chili powder
4 cups/ 960 ml low-sodium chicken or vegetable stock (gluten free if necessary)
2 x 15 oz. / 420 ml cans black beans
1 x 15 oz. / 420ml canned diced tomatoes
1 cup/ 240 ml fresh corn kernels
Sea salt and fresh ground black pepper

PREPARATION

1. In large skillet, heat olive oil over medium heat. Add celery, carrot, onion and bell peppers. Sauté until onion becomes translucent, about 8 minutes. Add garlic and spices. Cook another two minutes.
2. Add stock or cooking liquid of your choice, beans and tomatoes. Bring mixture to a boil and then reduce heat. Cover and let simmer for about 20 minutes. Using a hand- held blender, puree soup to desired consistency. Add corn and let simmer for 5 minutes. Season with salt and pepper. Serve hot!

NUTRITIONAL VALUE PER SERVING 8 servings

Calories: 178/Calories from fat: 38/Protein: 9g/Carbs: 26g/Dietary Fiber: 8g/Sugars: 6g/Sodium 597mg