

Black Bean Soup

Servings: 8

Ingredients

- 2 T extra virgin olive oil
- 1-2 medium yellow onions, roughly chopped
- 6 large garlic cloves, crushed and peeled
- 2 carrots, peeled and roughly chopped
- 4 (425 g) cans black beans, not drained
- 1.2 liter vegetable broth
- 1 (400 g) can chopped tomatoes
- $\frac{3}{4}$ tsp oregano
- 1 tsp ground coriander
- 1 T ground cumin
- 1 T fresh chopped pak chee
- $\frac{1}{8}$ tsp cayenne pepper
- $\frac{1}{2}$ tsp salt
- 1 T fresh lime juice
- Plain Greek yogurt
- Handful chopped fresh pak chee



1. Heat the **olive oil** over **medium heat** in a large pot.
2. Add **onions**, **garlic** and **carrots** and cook, stirring occasionally, until onions are soft and translucent
3. Add the **beans**, vegetable **broth**, **oregano**, **coriander**, **cumin**, **pak chee**, **cayenne pepper** and **salt** and bring to a boil. Reduce the heat, cover and **simmer** gently for **about 15 minutes**.
4. Let cool before puréeing 6 C of the soup with an immersion blender or regular blender. Blend until very smooth and creamy then return to pot. Stir in the **lime juice** and season with **salt** and **pepper** to taste.
5. Ladle soup into bowls and top each bowl with a dollop of yogurt and freshly chopped cilantro.