

Black Bean Soup

Servings: 4

Ingredients

- 20g (1½ T) extra virgin olive oil
- 200 g (1 medium onion), chopped
- 3 large garlic cloves (15g), crushed and peeled
- 1 med. carrot (120g), diced
- 2 (400 g) cans black beans, with liquid
- 600 ml vegetable broth (or water + coconut aminos = 10-15ml)
- ½ (200 g) canned chopped tomatoes
- ½ tsp oregano
- 1 tsp ground coriander
- 2 tsp ground cumin
- 1 T fresh chopped pak chee
- Pinch (to taste) cayenne pepper
- ¼ tsp salt (adjust at end)
- 1 T (15ml) fresh lime juice
- Fresh pak chee – 1 T, chopped



Toppings

- 1 T plain Greek yogurt
- Handful chopped fresh pak chee

Protein Add-In Options

- Chicken: 250g boneless, thigh/breast, diced (add with beans)
- Tofu: 150g-200g firm tofu, cubed (stir in last 10 min)
- Extra beans: 1 more 200g cooked beans (black or kidney, for all-plant protein)

- 1) Heat **olive oil** in large pot over **medium heat**.
- 2) Add **onion, garlic, carrot**; **cook 5–6 min** until softened.
- 3) Stir in **cumin, coriander, oregano**, and **cayenne**; **cook 1 min** until fragrant.
- 4) Add **beans (with liquid), broth, tomatoes, salt**, and **protein** of choice
(if chicken, add now). **Bring to a boil**.
- 5) **Reduce heat**, **cover**, and **simmer ~20 min**. *If using tofu, add in the last 10 min.*
- 6) Remove from heat. Purée ~500 ml (about 2 C) of soup with immersion blender until smooth, then stir back in (this thickens while leaving texture).
- 7) Stir in **lime juice**, adjust seasoning with **pepper** or more lime.
- 8) Serve hot, topped with **Greek yogurt** and **coriander**.



Nutrition (per serving, base version w/o extra protein)

- Calories: ~310 kcal
- Protein: ~15 g
- Fat: ~7 g
- Carbs: ~45 g
 - Fiber: ~13 g
- Sodium: ~360 mg (with low-sodium broth)

With Chicken (250 g total): + ~60 kcal & +7 g protein per serving

With Tofu (200 g total): + ~40 kcal & +4 g protein per serving

Notes

- Using **coconut aminos + water** instead of broth keeps sodium lower.
- Adding a few **shiitake mushrooms** or a small piece of **konbu (removed after simmer)** brings a Washoku-style umami depth.
- If you prefer a **creamier finish**, add 2 Tbsp plain Greek yogurt directly into the soup at the end instead of just as topping.