

## **Eggton's Easy Black Bean Soup {vegetarian & vegan}**

### Ingredients:

3 Tbsp. butter or olive oil

1 onion, chopped

3 ribs celery, peeled and diced

2 carrots, peeled and diced

6 cloves garlic, chopped

2 c. low sodium vegetable broth

1 15-oz. can tomato sauce

3 15.5-oz. cans black beans, drained but not rinsed

1 1/2 Tbsp. ketchup (use a vegan ketchup if you're vegan)

1 tsp. Worcestershire sauce (omit if vegan)

1 tsp. chili powder

1 tsp. cinnamon

1 tsp. cumin

### Directions:

In a large pot or a big skillet with raised sides, melt the olive oil or butter over medium heat. Add the chopped onion and celery and carrot. Sauté until the onion is tender and translucent but not browned, lowering the heat if necessary. Add the garlic and cook another couple of minutes. Add the remaining ingredients and stir to combine. Raise the heat to bring it to a boil and then lower it so that the soup simmers for 20 minutes (or less--but if you cook it really fast your veggies might still be a little crunchy). Purée half or all of the soup in a blender or food processor, then stir it back into the pot (or just use an immersion blender). Taste the soup and adjust the seasoning as desired. If it's too thick for your taste, add more broth and reheat. Serve with sour cream and cheese if you like (provided you're not vegan).

