

## Little Verons Recipe

### **Black Bean Soup**

½ C. Chopped onion

12 cloves garlic, minced (2 tablespoons)

2 tablespoons extra-virgin olive oil

½ teaspoon ground cumin

8 C. chicken broth (try reduced sodium chicken broth)

3 cans (15 to 16 oz ea) black beans, drained and rinsed

1 lemon sliced in ½” thick slices (remove seeds)

½ C. sun dried tomatoes, diced (not oil-packed)

1 small jalapeno chili, seeded and finely chopped (optional)

1 tablespoon chipped fresh oregano or 1 teaspoon dried oregano

1 ½ teaspoons sherry or balsamic vinegar

### Directions:

- In a 4-qt. pot, heat olive oil over medium high heat and sauté garlic and onion until tender
- Add cumin; cook for 1 minute, stirring constantly
- Add broth, beans, lemon slices, tomatoes, jalapeño and dried oregano
- Bring to a boil, reduce heat and simmer, uncovered, for 15 min., stirring occasionally
- Discard lemon slices, remove 3 C of the soup mixture, putting it into a large, heatproof bowl
- Mash with a potato masher to coarsely puree the mixture
- Return the mashed mix to the pot
- Return to boiling, reduce heat and cook uncovered for 10 more min., stirring occasionally
- Stir in vinegar and fresh oregano

Serves 6

Freezes well