

# A Sutherland Belle

## Spicy Black Bean Soup with Badia Seasonings

### INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1 large onion, diced
- 2 large plum tomatoes, chopped (about 1.5 cups)
- 2 Tablespoons [Badia Minced Garlic & Red Chili Pepper](#)
- 2 teaspoons dried oregano
- 2 teaspoons [Badia Chile & Lime Seasoning](#)
- 1 teaspoon salt, plus more to taste
- 1 teaspoon dried thyme
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 3 15-ounce cans of black beans, drained and rinsed
- 1 teaspoon [Badia Caldo con Sabor a Pollo](#)
- 2 1/2 cups chicken broth (or vegetable broth)
- 2 [Badia Guajillo Chilis](#) (dried)
- optional toppings: diced avocados, queso fresco, chopped cilantro, fresh lime juice, sour cream

### INSTRUCTIONS

1. Heat olive oil in a large pot over medium-high heat until shimmering.
2. Add the onions, tomatoes, and garlic. Cook until onions soften and become translucent about 7 minutes.
3. Add oregano, salt, thyme, cumin, chile & lime seasoning, red pepper flakes, and black pepper. Stir and cook for another 2-3 minutes until very fragrant.
4. Add black beans, Caldo con Sabor a Pollo, and broth. Stir to mix. Place two guajillo peppers, cover, and cook for 15 minutes. The soup will be boiling by the end.
5. Uncover and carefully blend the soup with a hand-held immersion blender until it reaches your desired consistency. If you don't have an immersion blender, carefully transfer some of the soup (about a third) into a large blender using a ladle and blend until smooth. Then return the pureed soup to the pot and stir.
6. Cook uncovered for another 5-10 minutes until the soup reaches your preferred thickness.
7. Season with more salt to taste and serve with optional toppings like diced avocados, queso fresco, chopped cilantro, and sour cream.