

# A Sutherland Belle

## Spicy Black Bean Soup

### INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 1 large jalapeño, diced
- 4 cloves garlic, minced
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons [Badia Caldo con Sabor a Pollo](#)
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon fresh cracked black pepper or red pepper flakes
- 1 (10-ounce) can ROTEL Diced Tomatoes & Green Chilies (or 1 can fire-roasted tomatoes for less heat)
- 3 15-ounce cans of black beans, drained and rinsed
- 3 cups chicken broth (or vegetable broth)
- 1/3 cup fresh cilantro
- juice of one large lime
- optional toppings: diced avocados, chopped scallions, fresh lime juice, sour cream

### INSTRUCTIONS

1. Heat olive oil in a large pot over medium-high heat until shimmering.
2. Add the onions, celery, and jalapeño. Cook until onions soften and become translucent about 7 minutes.
3. Add garlic, oregano, cumin, Badia Caldo con Sabor a Pollo, salt, and black pepper. Stir and cook for another 1-2 minutes until very fragrant.
4. Add tomatoes, black beans, cilantro, and broth. Stir to mix. Cover, and cook for 15 minutes. The soup will be boiling by the end.
5. Uncover and carefully transfer half of the soup to a blender. Blend until it reaches your desired consistency. Return the pureed soup to the pot with the lime juice 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, chopped scallions, limes, and sour cream.