

## Puréed Black Bean Soup

### Ingredients

- 1 Tbsp canola oil
- 1 small onion, chopped
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 (15 oz) cans black beans, rinsed
- 3 cups water
- ½ cup prepared salsa
- ¼ tsp salt
- 1 Tbsp lime juice

### Preparation

1. Heat oil in a large saucepan over medium heat
2. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes
3. Add chili powder and cumin and cook, stirring, 1 minute more
4. Add beans, water, salsa and salt
5. Bring to a boil; reduce heat and simmer for 10 minutes
6. Remove from the heat and stir in lime juice
7. Purée with stick blender

