

Recipes of Sensational Salsa & Black Bean Soup

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This soup is a very simple soup that takes just a few minutes to prepare. It can be served hot or cold, but always benefits from being heated. Here is the recipe .

Recipe of Sensational Salsa & Black Bean Soup Ingredients :

- • 1 1/2 cups soup stock (Just use chicken, beef, or vegetable bullion)
- • 1 cup of your favorite salsa (chunky makes a heartier soup)
- • 2 normal sized cans of black beans (any brand is OK, but try for low salt)
- • 1/4 cup of sour cream
- • 1-2 green onions chopped fine
- • 1 teaspoon cumin (best to use fresh ground in the soup and you can sprinkle seeds on top too)

Recipe of Sensational Salsa & Black Bean Soup Methods :

- • Put the beans, salsa, cumin, and soup stock into a food processor (a blender is OK too)
- • Puree the mixture until it is creamy in texture. Pour the mixture into a mid-sized pot and heat on low-medium until it is completely hot
- • This allows the flavours to merge. If you are going to serve it cold, move it to the fridge to cool off till it is time to eat
- • To eat it hot, simply serve into bowls and garnish with the onions and some of the sour cream

Roughly 4 servings.