

Chipotle Black Bean Soup (I made for soup swap)

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The beans and rice make a hearty meal, and the crock pot makes it an easy way to cook dry beans (without soaking them ahead of time).

Ingredients:

- 1 Tablespoon olive oil
- 2 medium red onions, chopped
- 2 medium bell peppers, chopped
- 4-6 cloves garlic, chopped
- 4 teaspoons cumin
- 1 16-oz. bag black beans
- 1 1/2 Tablespoons canned chipotle peppers in adobo sauce, chopped
- 7 cups hot water
- 2 Tablespoons lime juice
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- plain yogurt, chopped fresh tomatoes, and chopped cilantro for garnish
- cooked rice

Directions:

1. Rinse the beans and pick them over to remove any stones or bad beans.
2. Heat oil in a large skillet. Add the onions and bell peppers and saute for about 8 minutes.
3. Add the garlic and cumin and cook, stirring, for one minute.
4. Transfer to a crock pot.
5. Add the beans, chipotle peppers, and hot water. Stir to combine.
6. Cover and cook on high till beans are done, 4-6 hours.
7. Puree 2 cups of the mixture.
8. Return the puree to the crock pot and stir in the lime juice, salt, and pepper.
9. Serve over rice and garnish with yogurt, tomatoes, and chopped cilantro.