

Hearty Black Bean Soup

This recipe, inspired by Chef AJ's book, "Unprocessed How to Achieve Vibrant Health and Your Ideal Weight", is packed with nutrients. There are two pound of greens hidden in this soup! Nutritious and delicious!

Ingredients:

- 4 cups low sodium vegetable broth
- 8 cups water (for a slight variation, use vegetable broth in place of water)
- 6 cans low sodium black beans, rinsed and drained (or 10 ½ cups cooked dried beans)
- 1 red onion, peeled and coarsely cut
- 8 cloves garlic, peeled and cut in half
- 1 pound crimini mushrooms
- 1 pound bok choy, coarsely chopped
- 1 pound kale, chopped
- 2 large sweet potatoes, diced
- 2 16oz. bags frozen corn, defrosted
- 2 Tbsp cumin
- 2 Tbsp oregano
- 4-5 Tbsp lime juice (preferably fresh)
- ½ -1 tsp cayenne pepper
- Sea salt, to taste
- Optional add-ins: 1 Tbsp Trader Joe's, 21 seasoning, 2 Tbsp oil-free sundried tomatoes, 1 bunch cilantro, 1 avocado

Instructions:

1. Pour vegetable broth and water into an 8 quart or larger pot, cover, and bring to a boil.
2. Reduce heat to medium low and add beans, one bag of corn, garlic, onions, sweet potatoes, mushrooms, bok choy, kale, and sundried tomatoes, if using.
3. Simmer covered for about 30 minutes. Uncover and simmer for another 15 minutes.
4. Remove from heat and blend soup with an immersion blender.
5. Stir in cumin, oregano, lime juice, the other bag of corn, and the Trader Joe's seasoning, if using.
6. Top with cilantro and avocado, if desired. Enjoy!

