

BLACK BEAN SOUP – Panera – serves 12

2 large (3 medium) onions, chopped
4 stalks celery, chopped
4 carrots, chopped
4 Tbsps vegetable oil
2-3 bell peppers – preferably red but any color will do
4 tsps minced garlic
8 cups vegetable broth
6 cans black beans, rinsed
2 tsps cumin
1 Tbsp lemon juice
1/4 red pepper (or more) to taste
Salt to taste

Heat vegetable oil in pot. Add onions, celery, carrots. Sprinkle with a pinch of salt to release water in vegetables. Saute until onions soften and become translucent.

Add bell pepper and garlic. Saute until garlic becomes fragrant.

Add rinsed beans and broth. Stir. Add cumin and red pepper. Stir.

Simmer for 10 minutes. Taste and adjust salt and pepper as needed.

To thicken soup, remove half and blend with immersion blender. Return to pot.