Black Bean Soup

1 T olive oil
4 large cloves garlic, roughly chopped
¾ C diced carrots (about 2 med carrots)
¾ C diced celery (about 2 ribs)
1 C diced onion (about 1 sm-med onion)
2 cans black beans, rinsed and drained
½ t dry oregano leaves

2 Cans low-sodium beef broth
1 t kosher salt
1/8 tsp. black pepper
½ t chili powder
¼ t cumin
1.35oz can green chilies
1 bay leaf

Instructions: Place large pot on stove and set to medium-high heat. When pan is warm, add olive oil. Add carrots, celery, onion, and garlic and sauté 4-5 minutes.

Add in black beans, chilies, and beef broth. Stir to combine and then add the salt, pepper, chili powder, cumin, oregano, and bay leaf.

Simmer uncovered for 20-25 min. or until carrots are tender, remove from heat and remove bay leaf from soup. Puree soup until desired consistency.

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