

Black Bean Soup

1 T olive oil	2 Cans low-sodium beef broth
4 large cloves garlic, roughly chopped	1 t kosher salt
¾ C diced carrots (about 2 med carrots)	1/8 tsp. black pepper
¾ C diced celery (about 2 ribs)	½ t chili powder
1 C diced onion (about 1 sm-med onion)	¼ t cumin
2 cans black beans, rinsed and drained	1 3.5oz can green chilies
½ t dry oregano leaves	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.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

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