Black Bean and Sausage Soup

Adapted from: Rocky Mountain Cooking. https://rockymountaincooking.com

1 tablespoon olive oil

1 ½ teaspoons minced garlic

1 cup onion, chopped

1 cup bell pepper (any color), chopped

1 cup carrots, chopped or shredded

1 pound dried black beans, soaked

1 bay leaf

1 teaspoon salt

1 teaspoon pepper

1 tablespoon cumin

2 teaspoons dried oregano

1 tablespoon chili powder

4 cups chicken broth

1 pound Andouille sausage, diced

½ cup fresh cilantro, chopped

Optional – Serve with sour cream and tortillas

1. Saute garlic, onions, peppers and carrots in oil until soft.
2. Add beans, seasonings and broth. Stir to combine.
3. Bring to a boil. Reduce heat and simmer 1 hour.
4. Puree half or more of soup until smooth using an immersion blender, traditional blender or food processor. Return to pot.
5. Add sausage and cilantro and simmer an additional 30 minutes.

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