

MORTIMER BARTECUE'S BLACK BEAN SOUP

SARA JEFFRIES

1 medium onion, chopped (about 2/3 cup)
4 cloves garlic, minced
1 Tbsp ground cumin
½ to 1 teaspoon crushed red pepper flakes
2 Tbsp vegetable oil
3 (16-oz) cans black beans, undrained
1 ½ cups chicken broth
3 cups mild or medium chunky salsa
2 Tbsp lime juice
½ cup non-fat plain yogurt

In 4-quart saucepot, over medium heat, cook onion, garlic, cumin and pepper flakes in oil until onion is tender, about 3 minutes; remove from heat.

In food processor, puree 2 cans beans and their liquid in batches with chicken broth; add to pot. Stir in remaining beans, salsa and lime juice.

Heat mixture to boil; reduce heat to low. Simmer for 30 minutes.

Ladle 1 cup soup into bowl; top with dollop of yogurt. Makes 10 (1 cup) servings. Serve hot with crackers.



Das – tard – ly

Cowardly; malicious;
meanly base;
sneaking

--*dictionary.com*