

## CO-OP MEALS

### Dinner in 30

#### New Mexican Black Bean Soup

Serves 2 as a main dish

##### Shopping List:

- One 25-ounce can or two 15-ounce cans of low or no-sodium black beans
- 1 stalk celery with leaves (about 4 Tbsp.)
- ½ avocado, for serving
- Greek yogurt, for serving
- Cheddar cheese, for serving

##### Pantry items:

- 3 tablespoons olive oil
- ½ teaspoon chili pepper flakes\*
- ½ - 1 cup water or chicken stock
- ½ white or yellow onion, divided
- 1 clove Garlic

Note: This recipe uses a blender or food processor

##### Prep:

Dice half of the onion (you'll also have a quarter onion reserved). Separate the celery leaves, reserving them for later, and chop the stalk. Peel and smash the clove of garlic.

##### Cook:

1. Add the olive oil to a Dutch oven or stock pot. Heat over medium-low and add the intact onion quarter, garlic clove, half of the celery leaves, and dried chili flakes. Cook until garlic is golden brown and fragrant, about 5 minutes.
2. Remove all\* from the oil and place in a blender or food processor. Add to this the black beans (with liquid), ½ cup water or stock, raw diced onion, and chopped celery. Blend to desired consistency, adding additional water or stock as needed.
3. Return contents to the large pot and simmer for 10 minutes. Add salt and pepper as needed (over).

\*See reverse for spice notes

## Tips and Hints

Recipe and Tips by Hannah Brilling

##### Spice level:

For a very spicy soup, follow the instructions as listed (add half or all of the chili flakes to the blender after cooking in oil). For a milder soup, discard the flakes after step 1.

##### To serve:

Add cheddar cheese, avocado, Greek yogurt, and reserved celery leaves.

##### Nutrition:

Black beans are a great source of fiber, protein, and iron. Greek yogurt provides creaminess without the saturated fat of sour cream and avocados also contains healthy fat. Fats can help keep you fuller for longer and balance blood sugar response to the carbohydrates in the beans.



CO-OP  
FOOD STORES