

## Sara's Speedy Black Bean Soup



- 1 large Spanish onion, quartered
- 2 large red bell peppers, seeded and quartered
- 2 large orange bell peppers, seeded and quartered
- 1 large yellow bell pepper, seeded and quartered
- 5 cloves garlic, peeled
- 3 Tablespoons olive oil
- 7 15 oz. cans black beans drained and rinsed in cold water
- 2 32 oz boxes low sodium chicken broth
- Salt and pepper to taste

### Toppings:

- Fat free or reduced fat sour cream
- Low fat cheddar, jack or combination of both
- Chopped green onions
- Chopped fresh cilantro

Place onion in bowl of food processor fitted with chopping blade. Chop finely, remove from bowl. Add peppers and garlic, chop finely. Heat olive oil in large stock pot. Saute onion, peppers, and garlic for 8-10 minutes until soft. Add the beans and chicken broth, simmer for 40 minutes.

\*Puree soup and serve with toppings

(Using a hand blender is a faster and safer way to puree soup.)

Serves: 8-10