

## **Black Bean Soup** (“Quinoa 365”, Andrea Chesman)

This spicy Mexican-inspired soup is enlivened with the fresh flavors of lime and cilantro.

1 Tbsp olive oil  
½ cup chopped onion  
½ cup quinoa  
2 cups chicken or veggie broth  
2 ½ lbs cooked black beans  
1 tsp finely minced fresh garlic  
1 tsp chili powder  
½ tsp ground cumin  
¼ tsp red pepper flakes  
2 Tbsp chopped fresh cilantro  
1 Tbsp fresh lime juice  
¼ tsp salt  
½ cup tortilla chips  
½ cup shredded cheddar cheese  
½ cup plain yogurt or sour cream

Place the olive oil in a large saucepan over medium-high heat. Add the onion and sauté for 5-6 minutes.

Add the broth, black beans and garlic to the saucepan and bring to a boil. Cover and reduce to a simmer. Cook until the quinoa is tender, stirring frequently for about 14 minutes.

Add the chili powder, cumin and red pepper flakes. Puree the cooked mixture with a hand blender or cool slightly and puree in 2 batches in a blender or food processor. Return the soup to the saucepan over low heat. Stir in the cilantro, lime juice and salt. Ladle into wide bowls and top with tortilla chips, cheddar cheese and plain yogurt or sour cream.