

McDougall Made Easy Recipes

For more ideas and recipes go to the “McDougall Made Easy DVD” section on our web site: www.drmcdougall.com.

Lesson 6: Black Bean Soup

This is one of those recipes that you can put together in 5 minutes, yet it always is a favorite with everyone. Even kids like it, although you may want to use a bit less hot sauce for them.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2-4

- 3 15 ounce cans black beans, drained and rinsed
- 1 $\frac{3}{4}$ cups vegetable broth
- 1 cup fresh salsa
- $\frac{1}{4}$ teaspoon ground oregano
- $\frac{1}{4}$ teaspoon chili powder (or more to taste)
- $\frac{1}{8}$ teaspoon smoked chipotle chili powder (optional)
- several dashes hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl, place the remaining beans, the vegetable broth and the salsa in a blender jar. Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend flavors. Adjust seasoning to taste before serving.

RECIPE HINT: This is great to make ahead of time and then heat just before serving. Make a double batch so you can enjoy a quick bowl of soup when you are hungry.