



Photo by K.B.R.

This soup is delicious and easy to prepare.

Ingredients

- 2 cups (500 mL) chopped onion
- 6 garlic cloves, minced
- 2 tsp (10 mL) cumin
- 2 tsp (10 mL) coriander
- 4 tbsp (60 mL) extra virgin olive oil
- 2 cups [cooked black beans](#) or 2 cans (14 oz/400 g) of Eden organic black beans
- 2 cups (500 mL) vegetable stock
- 1 red pepper chopped
- ½ cup (125 mL) finely chopped parsley
- ½ cup (125 mL) chopped cilantro
- ⅛ tsp (0.5 mL) cayenne pepper

- Juice of medium freshly squeezed lemon
- ½ cup (125 mL) essential fatty acids such as organic flax, hemp, or extra virgin olive oil
- chopped green onions, cilantro, sour cream, or yogurt for garnish

Instructions

1. In a large, heavy-bottomed pot, sauté onions, garlic, cumin, and coriander in olive oil until onions are soft.
2. Add beans, vegetable stock or puréed tomatoes, red pepper, parsley, and cilantro.
3. Simmer over medium heat for 30 minutes.
4. Purée soup in blender or use a hand-held blender in the soup pot. (A hand-held blender is the greatest gadget—you will never have to transfer hot soup to a blender again.) If the soup is too thick, add a little more stock.
5. Add cayenne pepper.
6. Remove from heat and stir in freshly squeezed lemon juice and essential fatty acid oil.
7. Serve garnished with chopped green onions, cilantro, and a dollop of sour cream or yogurt.

This soup can be frozen without the garnishes.

Makes 6 servings.