

## SOUP - BLACK BEAN VEGETABLE

1 T. vegetable oil, 1 onion, chopped, 1 clove garlic, minced, 2 carrots, chopped, 2 t chili powder, 1 t ground cumin, 4 cups vegetable broth, 1 (8.75 ounce) can whole kernel corn, 1/4 t ground pepper, 2 (15 ounce) cans black beans, rinsed and drained, 1 (14.5 ounce) can stewed tomatoes, undrained.

1. In saucepan heat oil over med. heat, cook onion, garlic and carrots, stirring occasionally, for 5 minutes or until onion is softened.

Add chili powder and cumin, cook, stirring for 1 minute, add broth, corn, pepper, and 1 can of the beans, bring to a boil.

2. In a food processor or blender, puree tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 15 minutes or until carrots are tender. Yield: 8 servings.

This is the recipe. I made this today but I changed the way I fixed it. I used a cup of dried black beans. Put one third on to cook 1-1/2 hrs. before I started the main pot. Those were for mashing with the stewed tomatoes. With the 2/3rd cup of beans I added ham and all the spice ingredients listed above, the corn also. Cooked that until the beans were done. Then added the mashed beans & tomatoes.