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Black Bean Soup

INGREDIENTS:

1 Tablespoon extra virgin olive oil
2 1/2 Cups dry black beans
4 Cups low-sodium vegetable broth (32 ounces)
1 medium onion, chopped
5 cloves garlic, thinly sliced
4 teaspoons chili powder
1 1/2 teaspoons ground cumin

Toppings

2 limes, quartered
1 bunch cilantro, chopped
1 avocado, pitted and sliced
1 container non-fat plain Greek yogurt (6 ounces)

Makes 4 servings.

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Directions:
1. Wash onion, limes, cilantro, and avocado before cutting.
2. Place beans in a medium stock pot and cover with hot water. Bring to a boil and cook for 2 minutes. Remove from heat, cover, and allow the beans to sit for 1 hour. Drain and rinse in cold water.
3. Set aside 1/4 of the beans, place the rest in a blender, and purée until smooth.
4. In a medium pot, combine the whole beans, puréed beans, broth, onion, and garlic. Bring to a boil, reduce heat to low, cover, and simmer for 1 1/2 hours. Stir in the cumin and chili powder, cover, and continue simmering for 30 minutes or until the liquid level is to your preference.
5. Top with squeezed lime, cilantro, avocado, and yogurt. Enjoy!

Healthy Note: Try this recipe in an instant pot! Add all ingredients and set on manual high for 60 minutes. Follow step 3 and then serve with toppings.