

CLEAN & TASTY

# BLACK BEAN SOUP

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	15 mins	easy

## INGREDIENTS

- 1 pound (16 ounces or scant 2 ½ cups) dried black beans\*
- 1 medium red onion, chopped
- 4 medium cloves garlic, peeled and smashed
- 2 bay leaves
- 1 t sea salt
- 1 t ground cumin
- 6 c water\*\*, more if needed
- 2 T finely chopped cilantro, optional
- 1 T lime juice

## DIRECTIONS

- In a bowl soak overnight the beans with enough water
- In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.
- Finish with chopped cilantro and season with salt to taste.

