

Black Bean Soup



Ingredients:

- 1 ½ cups dry black beans, soaked overnight or all day
- 1 tbsp oil
- 1 cup coarsely chopped onion
- 3 cloves garlic, minced
- 1 tbsp ground cumin
- ¼ tsp chipotle powder or smoked paprika
- 6 cups vegetable broth
- 1 large bay leaf
- 2 tsp dried oregano leaves or 2 tbsps fresh
- ½–2 tsp salt, to taste
- Soy yogurt or sour cream
- Chopped cilantro (garnish)

I love the flavors in black bean soup. This one is quite simple and a case of ingredient synergy.

Cooking Method: 7 minutes soup program;
Natural pressure release

Directions:

Drain the soaking liquid from the beans and set the beans aside.

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Heat the oil in the cooker with Instant Pot [Sauté] function. Add the onion and sauté for 2 minutes. Add the garlic, cumin and chipotle powder. Add the beans, broth, bay leaf and oregano and stir well.

Lock on the lid in place and set the cooker to "Soup" for 7 minutes. When the 7 minutes is up, let the pressure come down naturally.

When you are able, carefully remove the lid, tilting it away from you. Remove the bay leaf. At this point, you can mash the beans with a potato masher or use an immersion blender, or just keep the soup, as is. Add salt, to taste.

Garnish with a dollop of soy yogurt or sour cream and a sprinkle of cilantro.

Serves 4-6.