Black Bean Salsa Soup

Makes 4-6 servings

A hearty, protein-rich soup featuring black beans, aromatic spices, and a flavor-boosting shortcut—salsa. This one-pot, nutrient-dense meal is perfect for batch cooking, offering a high-fiber, low-fat option that supports digestive health and satiety. Feel free to increase the salsa to 2 cups (a small jar will provide 1 ½-2 cups, so you can feel free to use the whole jar). To keep sodium down, use unsalted black beans and water instead of broth (or low-sodium broth). For a thicker soup, cut the broth to 2 cups. If you want a little creamier soup, skip the mashing of beans and blend 2 cups of beans with the broth before adding to the soup. Serve with avocado toast topped with sunflower sprouts, if desired.

Ingredients

4 cups cooked black beans (or two 19-oz cans, drained and rinsed)

1½ cups tomato-based salsa (medium spicy or to your taste)

14-ounce can crushed or diced tomatoes

3 cups vegetable broth

1½ cups frozen corn

1½ teaspoons ground cumin

½ teaspoon smoked paprika

1½ teaspoons chili powder

Fresh ground pepper

¼ cup fresh cilantro, chopped (optional, for garnish)

Wedges of fresh lime to squeeze on top



Instructions:

1. Place black beans in a pot and mash, leaving some of the beans whole. Add corn, salsa, crushed tomatoes, vegetable broth, cumin, smoked paprika, and chili powder.
2. Simmer for 20-30 minutes to allow flavors to meld.
3. Stir in black pepper and optional lime juice. Adjust seasoning to taste.
4. Pour into bowls and garnish with fresh cilantro, if desired.

