

## BLACK BEAN SOUP

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- 1 C. Dried black beans**
- 1 C. Chopped cremini mushrooms**
- 1 Carrot, peeled and chopped**
- 1 Small onion, diced large**
- ½ tsp. Cayenne pepper**
- 1 tsp. Cumin, ground**
- 1 tsp. Turmeric**
- ¼ C. Olive oil**

Soak the dried black beans in four times as much water overnight in the refrigerator.

The next day, to prepare the soup, heat olive oil in a large pot over medium heat. Add chopped cremini mushrooms, onions, carrots, and spices. Cook until caramelized and translucent. Once the vegetables are softened, add the soaked beans to the pot. Cook until tender, approximately 45 minutes, maintaining a simmer. Once the beans are cooked, add a large pinch of salt to the soup. Allow it to cool at room temperature for about 30 minutes.

Taste the soup and adjust seasoning with salt and spices as needed. For a smoother consistency, transfer the soup to a blender and blend until desired texture is achieved. Alternatively, keep it chunky if preferred.

Serve the soup topped with sour cream, accompanied by cornbread, and garnished with chopped scallions.



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