SWEET POTATO AND BLACK BEAN SOUP

Adapted from Recipe by Good Vibe Goddess - Genius Kitchen

Serves 6-8        Prep Time: 15 mins       Cooking Time: Stovetop - 45-60 mins; or Crock Pot - 8 hrs

INGREDIENTS:

• 2 teaspoons oil
• 1 onion, chopped
• 2 garlic cloves, minced
• 2 teaspoons ground coriander
• 2 teaspoons ground cumin
• 2 (14 ounce) cans black beans, rinsed and drained (low sodium)
• 1 (14 ounce) cans diced tomatoes (low sodium)
• 1 teaspoon salt
• 1/4 teaspoon pepper
• 4 to 6 cups vegetable or chicken broth (low sodium)
• 2 sweet potatoes, peeled and chopped
• 1 cup corn kernels (optional)
• garnish with sour cream and/or lime wedge before serving (optional)

DIRECTIONS:

If cooking with CROCK POT, heat oil in a skillet and sauté onion and garlic until soft and caramelized. Add sautéed onions, garlic and remaining ingredients (except optional garnish) to the crock pot and cook on LOW for 8 hours or until sweet potatoes are tender. Garnish, if desired, and enjoy!

If cooking on STOVE TOP, heat oil in a large soup pot and sauté onion and garlic until soft and caramelized. Add remaining ingredients, except beans and optional garnish, and bring to a boil. Reduce heat and simmer for roughly 30 minutes, until sweet potatoes begin to soften. Add black beans and cook another 10 minutes, until sweet potatoes are tender and all flavors meld. Garnish, if desired, and enjoy!

NOTES:

For a thicker soup, remove 3 cups of finished soup and mash with a potato masher or immersion blender and return to the pot.

For a nutritional boost, add loosely chopped, washed greens (kale, spinach or escarole) at the very end. Tender greens, like baby spinach, will wilt immediately. Robust greens, such as curly kale, may need added simmer time.

Instead of cumin and corriander, try other spice options: curry, hot salsa, smoked paprika, chili powder - be creative!

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