

Mexican Black Bean Soup- In Memory of Sher

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-black-bean-soup-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 sweet onion medium, diced
- 4 garlic cloves minced
- 1 gluten canned, free chipotle chile, seeded and finely chopped, or use roasted chile- I did
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 30 ounces black beans drained
- 3 cups gluten-free chicken stock or canned low-sodium broth
- 3/4 pound sausage smoky cooked, such as andouille or kielbasa, thinly sliced
- 3 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- freshly ground pepper
- sea salt

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 65 milligrams
4. Fat: 32 grams
5. Fiber: 17 grams
6. Protein: 32 grams
7. SaturatedFat: 9 grams
8. Sodium: 1820 milligrams
9. Sugar: 8 grams

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