

Instant Pot Mexican Black Bean Soup

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/black-turtle-beans-recipe-mexican>

Ingredients:

- 1 tablespoon olive oil avocado or vegetable oil work too
- 1 medium yellow onion diced
- 1 large carrot diced
- 1 stalk celery diced
- 3 cloves garlic minced
- 2 jalapeños small
- 1 pound black turtle beans dry Bob's Red Mill, about 2 3/4 cup
- 1 bay leaf
- 1 teaspoon Mexican oregano
- 3 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 2 teaspoons sea salt
- 6 cups vegetable broth
- 14 3/8 ounces diced fire roasted tomatoes

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 35 grams
3. Fat: 2 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. Sodium: 1100 milligrams
7. Sugar: 3 grams

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