



Spicy Black Bean Tomato Soup with Yogurt and Cheddar

Equipment Needed:

Medium saucepan
Measuring cup and measuring spoons
Cutting board and knife
Spatula or mixing spoon
Cheese grater

To Make The Recipe:

1 tbsp olive oil
1/2-3/4 chopped onion
1 large clove garlic, chopped
1/2 fresh jalapeno, chopped into tiny pieces (more can be added if desired)
1-1½ tsp dried cumin powder
1 can 14 oz salt-free, cooked canned black beans
1 can 14 oz salt-free diced tomatoes
2 cups black or green kale, chopped
2 cups zucchini, sliced and cut in half
2 tbsp fresh cilantro, chopped
2 tbsp green onion, chopped
Sea salt and pepper to taste

When serving, for each bowl of soup:

2 tbsp grated raw milk, aged cheddar cheese or dairy-free alternative
2 tbsp full-fat yogurt

Place a medium size saucepan over medium-high heat. Add the onions and lightly saute until slightly translucent. Add the garlic, jalapeno and cumin and stir. Cook for about 1 minute. Add the beans, tomatoes and kale. Stir and cook for 5 minutes. Add the zucchini and cook for another 3 minutes. Season with sea salt and pepper. Serve the soup in a bowls and top each one with yogurt and cheddar cheese

Tips

For a dairy free option, use coconut yogurt and sauerkraut or kimchi.

Add extra protein such as chopped pieces of chicken or for a vegetarian option, 2 tbsp hemp seeds

Other vegetables can be added as desired. Just take into consideration the amount of time they need to cook. Harder vegetable can be added with the black beans and tomatoes. Softer vegetables can be added at the end like the zucchini.

