

Smoky Black Bean Soup with Avocado Yogurt Cream and Lime

Ingredients to serve 6-8

- 1½ cups dried black beans
(I used Bob's Redmill black turtle beans)
- 1 large onion, minced
- 1 poblano pepper, small dice
- 1 red pepper, small dice
- 2 celery stalks, small dice
- 2 carrots. small dice
- 2-3 guajillo chilis, stemmed, seeded and torn into small pieces
- 2 cups frozen corn
- 5-6 cups vegetable stock
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 3-4 teaspoons cumin
- 2 teaspoons smoked paprika
- 2 teaspoons chili powder
- 1 teaspoon chipotle powder, (optional for extra smoky heat)
- 1 teaspoon coriander
- kosher salt and pepper to taste
- 4 tablespoons minced cilantro, plus extra leaves for garnish
- juice of 2 limes, plus lime for garnish
- 1 avocado
- ½ cup greek yogurt
- 1 tablespoon or so buttermilk
- tortilla strips for garnish,
- thinly sliced fresno chilis, garnish (for extra heat)



Directions:

Soak beans according to package directions.

In a large dutch oven, heat oil and add top six ingredients after the beans. Season with a bit of salt and pepper and continue to sauté on medium heat for about 5 minutes until tender. Add soaked beans, 5 cups of stock (remaining cup can be used to thin soup if necessary) and all the seasonings, bring to a boil, reduce heat and simmer for about 1½ - 2 hours covered, stirring occasionally.

When beans are tender, using an immersion blender, blend the soup about 10 times to partially purée the soup. Alternatively, scoop out about 2 cups of soup and purée in food processor or blender and return puréed soup back into pot. This will help give the soup a creamy consistency, without rendering an entirely smooth soup. Add corn and stir for another few minutes, then add juice of 1-1½ squeezed limes, adjusting seasonings to taste.

In a separate bowl, mash avocado with back of a fork until smooth and creamy and add yogurt, half a squeezed lime, buttermilk and a teaspoon of salt. Stir to combine.

Ladle soup in bowls, top with a dollop of avocado yogurt crema, lime cilantro leaves, sliced lime, fresno chilis, fresh cilantro leaves and tortilla strips. Enjoy!