

BLACK BEAN SOUP - Sharren Hummel

(Panera's and Others)

2 T olive oil

1 onion finely chopped

3 celery stalks, finely chopped

2 bay leaves

1 red pepper, chopped

4 cloves garlic, minced

1 $\frac{1}{2}$ cups chicken stock

1 $\frac{1}{2}$ cups beef stock

6 15oz cans black beans, undrained

$\frac{1}{2}$ t salt

1 T ground cumin

1 t chili pepper

$\frac{1}{2}$ t cayenne pepper

1 $\frac{1}{2}$ T apple cider vinegar

1 juice from one lemon

3 T cornstarch

3 T water

Heat oil in large pot. Sauté onion and celery @ 5 minutes. Add bay leaves, red pepper and garlic and sauté 2 minutes. Add chicken and beef stock, bring to boil, and then simmer @ 5 minutes. Add 3 cans undrained beans, salt, cumin, chili pepper, cayenne pepper and cook for @ 7 minutes. Remove bay leaves. Use immersion blender to puree in pot. Add rest of undrained black beans, apple cider, and lemon juice to pot. Heat through. Stir cornstarch and water together and add to pot to thicken soup. Stir til correct consistency. Serve hot.