

ONE BITE

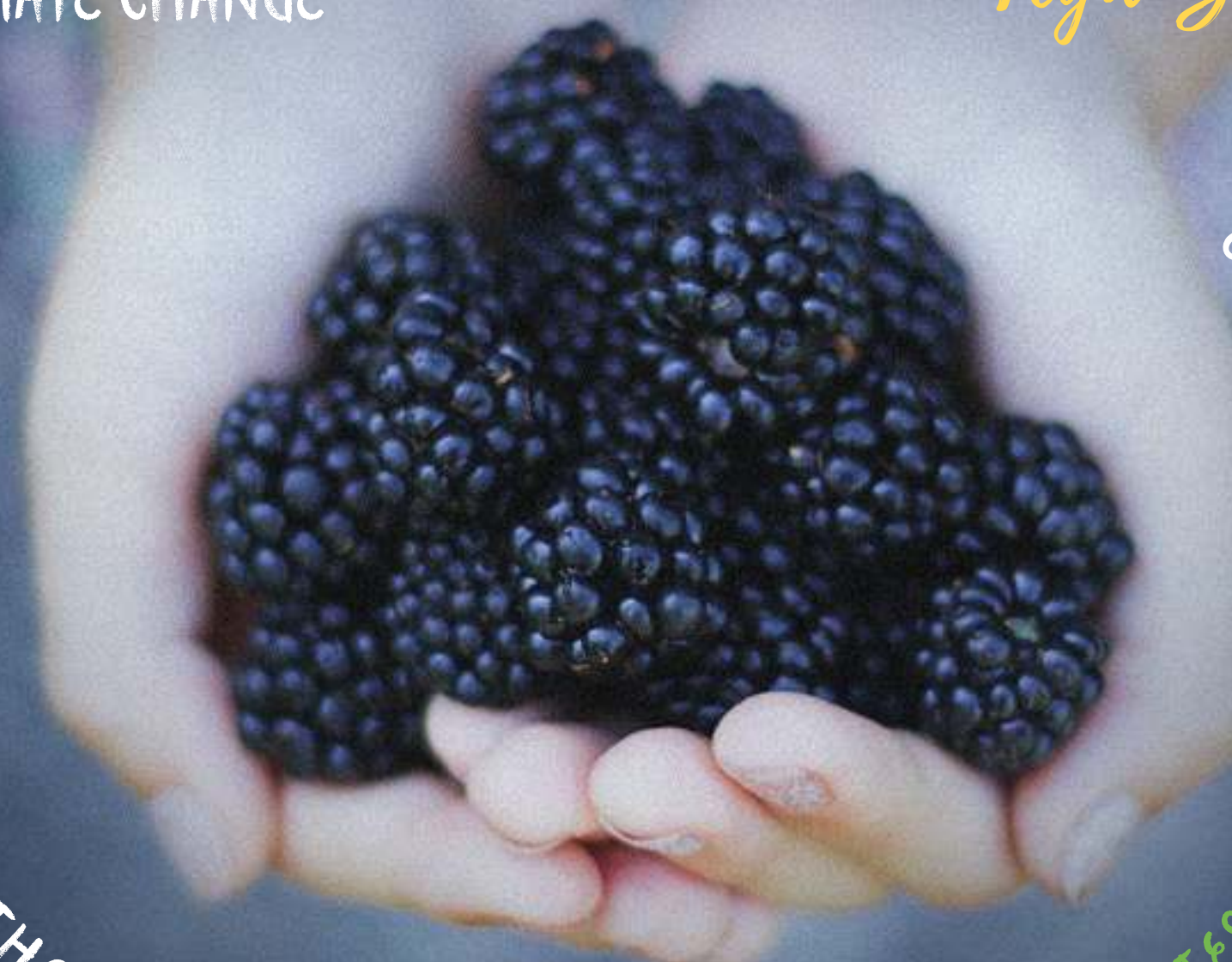
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Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

BLACK BEAN SOUP

PREP TIME:
10 minutes

COOK TIME:
10 minutes

TOTAL TIME:
20 minutes

By Cindy Newland

This soup can be on your dinner table in less than 20 minutes! Simply puree the ingredients, heat and eat. Your family will love the heartiness of this satisfying soup and best of all, it's good for them.

SERVINGS:
4 servings

CALORIES:
163kcal

INGREDIENTS

- 2 cans black beans drained and rinsed
- 1 15 oz can tomatoes or 3- 4 whole tomatoes
- 1 bell pepper
- 1 onion
- 1 jalapeno
- 1 handful cilantro optional
- 1 tsp garlic
- 1 tsp cumin
- 1 tsp chili powder
- 1 pinch cayenne optional
- salt & pepper to taste

INSTRUCTIONS

- 1.** Add 1 can of beans, tomatoes, peppers, onion and cilantro in a food processor or blender, process until smooth or desired consistency is reached.
- 2.** Heat soup in a large pot over medium-high heat adding in the other can of black beans and simmer for 10 minutes. Season with garlic, cumin, chili powder, cayenne, salt and pepper.



Cindy Newland

Cindy Newland is the recipe developer behind intentionallyeat.com. Her blog is dedicated to promoting healthy living and clean eating. Her website is full of recipes that are not only nutritionally balanced but also delicious!

Website: intentionallyeat.com

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