

Serves 6
Serving size: 1 cup
PREP: 5 minutes
COOK: 30 minutes

Black Bean SOUP

16-oz./455 g package dry small black beans
1 medium onion, peeled and quartered
2 garlic cloves, peeled
1 green bell pepper, seeded, cored and quartered
1 tbsp. Southwest Chipotle Seasoning
1½ tsp. coarse kosher salt
¼ cup sherry vinegar
3 cups vegetable stock

1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.
2. Drain and rinse beans and place in base of Pressure Cooker.
3. Place onion, garlic and pepper in base of Power Chef™ System fitted with blade attachment. Cover and pull cord several times to chop. Add to beans along with seasonings and vinegar. Cover to maximum fill line with vegetable broth, should be about 3 cups.
4. Seal and microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 – 15 minutes.
5. Remove 2 cups beans and place in base of Power Chef™ System fitted with blade attachment. Cover, pull cord several times to process and stir into soup to slightly thicken. Serve garnished with sour cream, cilantro or red onion, if desired.

Nutritional Information (per serving):

Calories: 270 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 51g
Sugar: 4g Fiber: 17g Protein: 16g Sodium: 880mg Vitamin A: 2% Vitamin C: 30%
Calcium: 6% Iron: 25%



Microwave Pressure Cooker



Southwest Chipotle



Power Chef™ System



Measuring Cups



Measuring Spoons



Silicone Spatula