Smoky Black Bean Soup

Ingredients:
- 1 onion, diced
- 1 tablespoon garlic, minced
- 2-4 cups cooked black beans, or 1-3 cans black beans
- 2-3 tomatoes, diced
- 4 cups liquid (broth and water)

Optional:
- Can split the 4 cups of liquid any way you want between water and broth.
- Add seasonings like oregano, cilantro, chili powder, cumin, paprika, onion powder and garlic powder.
- Add extra veggies like carrots and celery.
- Can substitute tomatoes for diced or canned tomatoes, or a small squeeze of tomato paste.
- Add something spicy like diced jalapeños, sriracha, or hot sauce for an extra kick.
- Add a small squeeze of lemon or lime juice.

Servings Options:
- Serve with a starch that will soak up the soups flavor! Try serving this on a bed of rice, a piece of toast, or cornbread!
- Sprinkle crushed tortilla chips on top of the soup for some crunch!
- Top with shredded cheese, sour cream, green onion, avocado, or salsa!

Prep Time: 5 minutes

Instructions:
1. Dice the onion, garlic, and tomatoes.
2. Heat oil or butter in a pot over medium heat. Add onions, garlic, and tomatoes to the pot and cook for about 5 minutes, or until the onions are soft.
3. Add the beans, broth, and any seasonings to the pot. Stir to combine.
4. Bring the pot to a simmer and cook for about 15 minutes, stirring often.
5. Add salt and pepper to taste.
6. Serve and Enjoy!

Cook Time: 25 minutes - 1.5 hours

Cooking Tips:
- Soak and cook the beans ahead of time unless you’re using canned beans!
- For a smoother consistency, use a blender to puree about half of the beans. If the mixture is too thick, add some water or broth to help it mix better. Add the blended beans to the pot with the regular beans at step 4.
- If using dried beans:
  - Follow steps 1-2 as usual.
  - For Step 3: Add 2 cups of dry beans and 8 cups of liquid to the pot. Bring to a boil over high heat, then turn the heat down to low and bring to a simmer. Cover the pot with a lid. Stir every 30 minutes to prevent the beans from sticking. Cook for about 1-2 hours, or until the beans are tender and creamy.