Black Bean Soup with Sunflower Seed Cashew Cream

TOOLS
- Blender
- Chef's Knife
- Large stock pot
- Large glass bowl

INGREDIENTS
Soup
- 1 cup dry black beans, soaked and then cooked, to yield 2 ½-3 cups (here's how)
- ¼ cup fresh cilantro
- 1 yellow onion
- 1 red bell pepper
- 1 green bell pepper
- 4-5 cloves garlic, minced
- 3 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground chipotle pepper
- 4 cups pure water
- 2 tablespoons fresh lime juice
- 1 ½ tsp fine ground sea salt
- 1/4 teaspoon ground black pepper
- 1 tbsp coconut oil

Sunflower Seed Cashew Cream
- ½ cup cashews, soaked
- ¼ cup sunflower seeds, soaked
- ½ cup pure water
- ½ tsp apple cider vinegar
- ¼ tsp fresh lime juice
- ¼ tsp fine ground sea salt

STEPS
1. Soak black beans in a large bowl full of pure water overnight. If you want, after you soak them, rinse well and let sit (covered with a towel) on the counter for a day to sprout them (here’s how) a bit.
2. Remove ribs and seeds from peppers and dice.
3. Dice onion.
4. Place onions and peppers in the stockpot with coconut oil and heat to medium-high. Stir occasionally and cook for 10 minutes.
5. Add to the stockpot and stir. Now, add cumin, coriander, chipotle pepper and lime juice—give a stir. Prepare your fresh cilantro and mince your garlic. Set aside some cilantro for garnish.
6. Add to the stockpot and stir. Now, add cumin, coriander, chipotle pepper and lime juice—give a stir. Cook together for about 2 minutes, and then add water and cooked beans.
7. Bring to a boil. Reduce heat and simmer together for about 20 minutes.
8. While simmering, blend all Sunflower Seed Cashew Cream in the blender until super smooth. Transfer to a glass container, set aside.
9. Add salt and pepper to your soup and season more to taste if you like. Serve in a bowl, and top with cream, fresh, chopped cilantro and fresh cracked pepper. Enjoy!

IF YOU MAKE THIS RECIPE...
Tell me what YU think!
- Facebook.com/YumUniverse
- Twitter.com/YumUniverse
- Pinterest.com/HeatherCrosby
- YumUniverse.com

MAKES 4 SERVINGS