



Black Bean Soup with Sunflower Seed Cashew Cream



MAKES 4 SERVINGS

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
¼ teaspoon ground black pepper
1 tbsp coconut oil

Sunflower Seed Cashew Cream

¼ 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.
Prepare your fresh cilantro and mince your garlic. Set aside some cilantro for garnish.
5. 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.
6. Bring to a boil. Reduce heat and simmer together for about 20 minutes.
7. While simmering, blend all Sunflower Seed Cashew Cream in the blender until super smooth. Transfer to a glass container, set aside.

LIKE THIS RECIPE?
Tell some folks about it!



SHARING IS PAYING IT
FORWARD—AND
THAT'S GOOD STUFF.



8. Take half of your soup and put it in the blender. Mix until smooth and then fold into remaining soup mixture. You can easily blend all of the soup if you want a puree—I just like a bit of texture.

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](https://www.facebook.com/YumUniverse)
[Twitter.com/YumUniverse](https://twitter.com/YumUniverse)
[Pinterest.com/HeatherCrosby
YumUniverse.com](https://www.pinterest.com/HeatherCrosby/YumUniverse.com)