

# Vegan Black Bean Soup

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2 medium onions, diced  
6-8 garlic cloves, pressed  
14 ounces vegetable broth  
2 14 oz. cans organic diced tomatoes  
2 tbsp. ketchup  
1 tsp. Bragg's aminos  
1 tsp. vinegar  
pinch of cloves  
½ tbsp. chili powder  
4 (15 ½ oz.) cans black beans, drained and rinsed  
¼ tsp. sea salt or celtic salt  
12 twists of freshly ground black pepper  
½ bunch cilantro, chopped with thick stems discarded (or saved for juicing!)

## Directions:

In large heavy pot, “saute” onions in small amount of water or vegetable broth. Cook about 4 minutes. Add garlic, and cook about 1 minute. Add broth, tomatoes, ketchup, aminos, vinegar, cloves, and chili powder. Stir in beans, and bring to a boil. Turn the heat down and let it simmer 10-15 minutes. Season with salt and pepper.

While soup is cooking, pick off the thick stems from the cilantro. Chop coarsely, and then stir into soup after it has simmered. Cook another 5 minutes.

May serve with thinly sliced green onions for garnish.

## Ingredient notes:

- Instead of buying vegetable broth, I purchase [Better than Bouillion Organic Vegetable Base](#) from Whole Foods. It's so simple to use and to store!
- I get my organic diced tomatoes from Costco, but you could also use fresh tomatoes here.
- If you have Worcestershire sauce (without any unhealthy ingredients, you could use 2 tsp. instead of the aminos, vinegar and cloves).
- Although they're not organic, I recently discovered that Aldi has black beans for \$0.55/can.
- The cilantro really makes this soup shine!