Black Bean Soup

- 2 cans rinsed and drained black beans
- 1 16 oz. jar of your favorite salsa
- 2 ½ cups low-sodium vegetable broth
- ½ 1 tsp cumin (optional)

Directions:

Place all ingredients in a saucepan, heat for 15-20 minutes to let flavors blend. When heated through, use an immersion blender or regular blender to blend smooth. You can also blend partially for a more chunky soup. (A potato masher also works as well). Add chili powder and/or ground chipotle to spice it up.

Serve with a whole grain roll and side salad.