

Taste of Home



Pico de Gallo Black Bean Soup

★★★★★

Everyone at my table goes for this feel-good soup. It is quick when you're pressed for time and beats fast food, hands down. —Darlis Wilfer, West Bend, Wisconsin

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 6 servings (about 2 quarts).

Ingredients

4 cans (15 ounces each) black beans, rinsed and drained

2 cups vegetable broth

2 cups pico de gallo

1/2 cup water

2 teaspoons ground cumin

Optional toppings: Chopped fresh cilantro and additional pico de gallo

Directions

1. In a Dutch oven, combine the first 5 ingredients; bring to a boil over medium heat, stirring occasionally. Reduce heat; simmer, uncovered, until vegetables in pico de gallo are softened, 5-7 minutes, stirring occasionally.

2. Puree soup using an immersion blender, or cool soup slightly and puree in batches in a blender. Return to pan and heat through. Serve with toppings as desired.

Freeze option: Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add a little broth or water if necessary. Top as desired.

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