

Recipe – Black Bean and Coconut Milk Soup

Ingredients:

- 1 lb Black Beans
- 1 can full fat coconut milk
- ½ cup medium salsa
- 1 heaping tsp permitted soup base (like organic Better Than Bouillon)
- 2-4 cups low starch, high fiber vegetables (peppers, tomatoes, green beans, carrots) or leave plain
- Salt/pepper to taste

Directions:

Prepare one pound of black beans according to package directions. Save the fluid.

Combine beans with one can full fat coconut milk, 1/2 cup medium salsa, a heaping tsp of permitted soup base such as organic Better than Bouillon.

Add 2 - 4 cups of low starch, high fiber vegetables such as peppers, tomatoes, green beans, carrots or leave it plain.

Simmer low for about a half hour, adding water as needed to make a thick soup. Salt and pepper to taste.

You can blenderize 1/3 of the soup to thicken the broth, or leave it all chunky.

Delicious as is or serve with plum salsa.