Recipe For Health | OCTOBER 2012

## ANAHEIM CHILE AND BLACK BEAN SOUP

If you're looking for a soup with a little bit of heat and a lot of flavor, this is the one for you.

by Chef Kurt Kwaitkowski

Featured Food: Anaheim Chile Peppers

Yield: Serves 4-6

## **Ingredients**

2 T. canola oil 2 Anaheim chiles, medium diced (with ribs and seeds)

½ c. diced onion 5 c. vegetable broth

½ c. diced celery 2 (15 oz. each) cans black beans, drained and rinsed

2 garlic cloves, minced½ t. apple cider vinegar2 T. ground cuminSalt and pepper to taste

2 t. chili powder 2 T. minced fresh cilantro (optional garnish)

 $\frac{1}{4}$  c. diced yellow pepper

## **Preparation**

Heat stock pot over medium heat; add oil, then sauté onions and celery for 5-7 minutes. Add garlic and spices; continue sautéing for an additional minute.

Deglaze pot with vegetable stock. Add peppers and let soup simmer for 20-25 minutes until peppers soften. Add black beans and simmer another 10 minutes.

Stir in vinegar, taste, and adjust seasoning with salt and pepper.