



## Souper Sunday Sweet Potato and Black Bean Soup

Serves 6

### Ingredients

- 1 medium yellow onion, peeled and diced ¼ inch
- 1 Tbsp extra virgin olive oil
- 3 medium sweet potatoes, peel and chop into ¾ inch pieces (about 4 cups)
- 1 16-ounce jar prepared chunky salsa (get from the refrigerated section at the supermarket)
- 1 15-ounce can black beans, rinse and drain or fresh made black beans, 1 ½ cups
- 4 cups chicken stock (you can use “Better than Bouillon” in a pinch or vegetable broth if you are making this vegetarian. I was lucky to have frozen chicken stock)
- 1 Tbsp ground chili powder
- 2 tsp ground cumin
- ½ tsp ground cinnamon
- pinch ancho chili powder if you like a little spice

### Optional Garnishes

- Fresh chopped cilantro
- Marinated red onions
- Greek yogurt or sour cream
- Lime wedges (this is a must in my book. I put a little wedge on the rim of every soup bowl)
- Shredded cheese
- Hot sauce if you like heat
- Good quality corn chips to scoop

### Instructions

In a large pot over medium heat, gently cook onions in one tablespoon oil. Stir and continue cooking on medium heat for about five minutes.

Add sweet potato and spices. Cook for three minutes. Then add salsa and chicken broth.

Bring mixture to a low boil on medium heat and then lower heat and gently simmer. Add black beans, cover and cook for at least 20 minutes more or until the sweet potatoes are fork tender and the soup has thickened.

Serve with any of the listed garnishes. I usually have good tortilla chips alongside, especially when I have little people eating at my house. In case you were wondering, we had oatmeal honey bread on the side and a great fall salad too.

This soup is even better the next day! It thickens up considerably too.