

# 15 Minute Black Bean Soup

*Filling, delicious dinner ready in 15 minutes with only 2 ingredients! Perfect for a quick meal prep or those weeks you just don't have anything in the fridge.*

PREP TIME: 0 minutes

COOK TIME: 15 minutes

Makes 2-4 servings

*Vegan, gluten free, dairy-free, nut-free*

## INGREDIENTS

### Soup

- 2 cans Black Beans (with do not drain liquid!)
- 1 jar Salsa (mild or spicy!)

### Optional

- Lime juice
- Cilantro
- Whatever veggies you like! Chopped onions, bell peppers, jalapenos, spinach, etc.



## INSTRUCTIONS

1. Add black beans with liquids, salsa, and any veggies to a medium pot over medium heat. Bring it up to a boil, reduce the heat, and let it simmer for 15 minutes.
2. Serve with a squeeze of lime and chopped cilantro if desired!

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## NOTES

*Store in an airtight container for up to 5 days in the fridge or freeze for up to a month.*