

Black Bean Soup

- 1 medium yellow onion, chopped (or 1½ cups bagged, diced onion)**
- 2 tablespoons extra virgin olive oil**
- 1 clove garlic, crushed**
- 1 teaspoon ground cumin**
- 2 15-ounce cans black beans (do not drain)**
- 1 cup chunky salsa**
- 2 tablespoons lime juice**
- Plain yogurt or sour cream, to garnish**

Saute onions in olive oil until they are soft and translucent. Sprinkle in cumin and garlic, and saute 1 minute. Pour in black beans, including the juices, salsa and lime. Stir to combine and simmer, covered, for 20 minutes.

— *"The Trader Joe's Companion"*

