
Pinto Bean Soup

Source: Adapted from soup recipe at Elavegan.com

Number of servings: 8-10

Ingredients

- 2 medium yellow onions, chopped
- 2 cans (14-oz each) of diced tomatoes, ideally fire-roasted type
- 6 cloves of garlic, minced
- 4 small carrots, peeled and chopped
- 4 small-medium yellow potatoes
- 2 tsp of general seasoning blend (like grilling herbs), or omit and use broth instead of water when incorporating liquid.
- 2 heaping tsp of ground cumin
- 2 tsp of smoked paprika
- optional: 2 bay leaves
- 4 cups of water (or vegetable broth, see note above)
- 4 cans (14-oz each) of pinto beans, rinsed and drained
- ¼ cup of raw cashews
- 3 TBS of nutritional yeast
- salt & pepper to taste

Directions:

- sauté onions and garlic for about 4 minutes, stirring frequently.
- Stir in tomatoes, carrots, potato and all the spices. Cook for additional 2-3 minutes, stirring occasionally.
- Add water or broth and bay leaves.
- Bring soup to boil, then reduce heat to simmer and continue to cook for 30-40 minutes or until potatoes are soft to pierce.
- Transfer ⅓ to ½ of the soup to a blender and add cashews and nutritional yeast. Blend until completely smooth - at least 1 minute. Return blended soup to the soup pot and mix back in. Alternatively, use an immersion blender to blend a portion of the soup within the soup pot.
- Add salt & pepper to taste.