



BLACK BEAN AND HAM SOUP

Ingredients

- 2 cans black beans, drained and rinsed
- ½ cup of onions, diced
- ½ cup of bell pepper, diced
- 1 cup sweet potato, peeled and cubed
- 8 oz (about 226.8 g) ham, pre-cooked and cubed
- 3 cups vegetable stock
- 2 tbs olive oil
- 1 oz (about 29.57 ml) apple cider vinegar
 - i. 2 tsp paprika
 - 2 tsp coriander
 - 2 tbs garlic powder



Instructions

- In a soup pot, add the olive oil, onions, and peppers. Sauté on medium-high heat for 2-3 minutes.
- Next, add the ham and sweet potato to the pot, stir often for about 5-7 min, or until the ham and potatoes have a little browning.
- Next, add the black beans and stir all contents of the pot together for about 1 minute.
- Next, add the seasoning mix, and stir again for about 1-2 minutes. Then add apple cider vinegar, stir for about 1 minute
- Last, add stock, stir, and bring to a slow boil. Reduce heat, cover and simmer for 10-12 minutes or desired consistency.
- Optional – salt to taste



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