

Pinto Bean Soup

From – *Elavegan.com*

1 Tbsp olive oil
1 medium onion – diced
14 oz can fire-roasted tomatoes
3 cloves garlic – minced
2 small carrots – diced
1 medium potato – diced
1 tsp oregano
1 tsp ground cumin
1 tsp smoked paprika
red pepper flakes to taste
2 cups vegetable broth
2 (14oz) cans pinto beans – drained and rinsed
salt and pepper to taste

- Heat oil in a large pot over medium/high heat. Add onion and saute for 4-5 minutes, stirring frequently.
- Stir in the tomatoes, garlic, carrots, potato, and all spices. Cook for 1-2 minutes, until fragrant, then pour in the vegetable broth.
- Bring to a boil and simmer with a lid for 10-15 minutes.
- Add the pinto beans and cook for another 10 minutes or until the vegetables are softened.
- You can add more vegetable broth if you want a thinner soup.
- Puree half the soup in a blender, then pour it back into the pot and stir to combine.



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