

Mexican Bean Soup

Sara Eckert – Healthy Harvest Farm

2 cups vegetable broth
1 carrot, diced
2 cans black beans, divided
½ can white beans
12 oz Natures Promise Medium Salsa
2 cups shredded green cabbage

- In a medium sauce pan bring vegetable broth, carrot and one can of the black beans to a boil.
- Reduce heat and simmer until carrots are soft about 20 minutes.
- Puree with immersion blender or food processor.
- Add remaining ingredients.
- Simmer over medium heat until cabbage is soft and flavors have blended about 30 minutes.



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