

Roasted Tomato Onion and Black Bean Soup

5 large or 7 medium plum tomatoes, cut in half (or 28 oz. can whole tomatoes, no salt added)
1 large onion, cut into large pieces (about 1" - 1½")
Olive oil
1 tsp. salt
½ tsp. pepper
4 cups chicken broth
2 cups of cooked black beans (or 15 oz. can, drained and rinsed)
1½ tsp cumin
1 tsp chili powder

Optional:

1 cup water
roasted garlic
Splash of lime juice

garnishes:

hot sauce
cilantro
sour cream

1. Preheat oven to 375F. In a bowl, toss tomatoes and onion with olive oil, salt and pepper. (If desired, you can also some garlic cloves.) Transfer to a roasting pan or deep baking sheet lined with parchment and roast until edges of onions have browned and the tomatoes have collapsed, 35 - 40 min. Stir once after 20 min. Allow to cool in roasting pan, until cool enough to handle, 10 minutes or so.

2. While tomatoes and onions are roasting, simmer beans in 2 cups of the broth in a soup pot. If using canned tomatoes, add the puree or juice from the can to the soup pot. After 30 - 45 minutes, puree in a blender (in small batches) and return to soup pot.

3. Puree the roasted tomatoes and onions in small batches (add a small amount of broth as needed) and then add to the soup pot. Add cumin, chili and remaining broth. Bring to a boil, reduce heat and simmer 10 min. Adjust seasonings to taste. If desired, add some lime juice. If soup consistency is too thick, add up to 1 cup water until reach desired consistency.

4. Garnish with hot sauce, sour cream, and/or cilantro. If desired, serve with tortilla chips.

Alternate method for immersion blender: don't cool the roasted tomatoes and onions. Instead add them directly to the soup pot with the beans, broth and spices. Simmer for 10 or 15 minutes. Remove from heat and blend to desired smoothness using an immersion blender.