

Spicy Black Bean Soup (Healthy)

Ingredients:

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 tsp **Big Haole's Pika**
- 3 cups black beans, cooked or canned (rinsed)
- 2 cups vegetable broth
- 1/2 cup diced tomatoes
- 1 tsp lime juice
- Optional toppings: diced avocado, cilantro, Greek yogurt

Instructions:

1. **Sauté Aromatics:**
 - Heat olive oil in a pot over medium heat. Sauté onion and garlic until softened.
2. **Add Seasoning and Beans:**
 - Stir in **Big Haole's Pika**, black beans, and diced tomatoes.
3. **Simmer:**
 - Add vegetable broth and simmer for 15-20 minutes.
4. **Blend and Finish:**
 - Use an immersion blender to partially blend the soup, leaving some chunks for texture. Stir in lime juice.
5. **Serve:**
 - Garnish with avocado, cilantro, or a dollop of Greek yogurt.