

## Black Bean Soup with Poblano Chiles—adapted from Bon Appetit

- 2 poblano chiles
- 2 Tablespoons roasted pumpkin seeds (pepitas)
- 1 large dried pasilla pepper or ancho chile, stemmed, seeds removed
- 1 Tablespoon vegetable oil
- 1 medium onion, coarsely chopped
- 4 garlic cloves, peeled, crushed
- 1 14.5 ounce can fire-roasted or plain diced tomatoes
- 4 cups low-sodium chicken broth
- Salt to taste
- 1 14.5-ounce cans black beans, drained and rinsed
- ½ cup crumbled queso fresco or feta cheese
- Lime wedges (for serving)

Char the poblano chiles by one of the following methods:

- 1) Broil them under the oven broiler on a foil-lined baking sheet, turning occasionally, until blackened, about 8-10 minutes.
- 2) Put them on a very hot grill, turning consistently until they are blackened.
- 3) If you have a gas stove, put them right on the grate over the flame and turn them as they blacken.

No matter how you char them, once they are charred, transfer them to a bowl, cover with plastic wrap, and let steam 15 minutes. Peel, seed, and finely chop. Set aside.

Heat oil in a medium saucepan over medium-high heat. Add onion and garlic and cook, stirring occasionally, until onion is soft and golden brown, 8-10 minutes. Transfer to a blender, add tomatoes and pasilla chile, and blend until smooth.

Return tomato mixture to saucepan and cook over medium-high heat, stirring often, until thick, 6-8 minutes. Stir in broth; season with salt. Bring to a boil, reduce heat, and simmer until soup is slightly thickened, 10-15 minutes. Stir in black beans and poblano chiles, Cook, stirring occasionally, until warmed through, about 5 minutes.

Serve soup topped with queso fresco and pumpkin seeds, and with lime wedges alongside.

- Calories: 200
- Fat: 7 grams
- Fiber 10 Grams
- Yeah, Baby!