

Easy 1-Pot Black Bean Soup

Easy-to-make, comforting black bean soup made with simple ingredients in 1 pot! A 30-minute meal or side that's customizable and incredibly satisfying.

Author Minimalist Baker



4.75 from 101 votes

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	25 minutes	30 minutes

Servings 4 (Large bowls)
Course Entrée
Cuisine Gluten-Free, Mexican-Inspired, Vegan
Freezer Friendly 1 month
Does it keep? 5-7 Days

Ingredients

SOUP

- 15 ml oil (or sub water)
- 160 g diced white or yellow onion
- 3 cloves garlic (minced)
- 1/4 tsp each sea salt + black pepper (more to taste // depends on saltiness of broth)
- 2 425-g cans black beans* (slightly drained)
- 480 ml [vegetable broth](#) (or store bought)
- 2 tsp ground cumin (for smokiness)
- 1 ½ tsp [chili powder](#)
- 1/4 tsp ground coriander
- 1-2 chipotle peppers in adobo sauce (**optional** // for heat)
- 23 g [chopped vegan dark chocolate](#) (for depth of flavor // we like Theo Dark Chocolate Sea Salt // or sub with 1 Tbsp cacao powder)

FOR SERVING *optional*

- Lime
- Avocado
- Cilantro
- Onion
- [Hot sauce](#)
- [Salsa](#)

Instructions

1. Heat a large pot over medium heat. Once hot, add oil (or water), onion, and garlic. Season with a pinch each salt and pepper and sauté for 4-5 minutes.
2. Add black beans, vegetable broth, cumin, chili powder, coriander, chipotle peppers (*optional* – start with the lesser amount and work up // adjust to preferred heat level), dark chocolate, and remaining salt and pepper (a couple healthy pinches each).
3. Bring back to a simmer over medium heat, then reduce heat to low and cook uncovered for about 15-20 minutes (the longer it simmers, the more the flavors develop).
4. Taste and adjust flavor as needed, adding chipotle peppers for spice, chocolate for depth of flavor, cumin or chili powder for smokiness, or more salt and pepper to taste.
5. Enjoy as is, or pair with cooked grains such as rice or quinoa. Topping options include fresh lime, avocado or guacamole, cilantro, onion, hot sauce, and/or salsa!
6. Store soup well covered in the refrigerator up to 5-7 days. Will keep in the freezer for 1 month (oftentimes longer).

Notes

*Can sub canned beans with beans [made from scratch](#).

*Nutrition information is a rough estimate calculated without optional ingredients.

Nutrition (1 of 4 servings)

Serving: 1 servings **Calories:** 242 **Carbohydrates:** 37.4 g **Protein:** 10.6 g **Fat:** 7 g

Saturated Fat: 2 g **Sodium:** 660 mg **Potassium:** 558 mg **Fiber:** 13.1 g **Sugar:** 4.1 g

Did you make this recipe?