



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Black Bean Salsa Soup**

#### **Notes**

\* Adapted from ziggityzoom.com – a real kid pleaser!

#### **Ingredients**

2 cups dry black beans (4 cups cooked) ½ c water 2 cups salsa	½ t chili powder 1/8 tsp garlic powder sour cream & cheese to garnish
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#### **Instructions**

1. Soak & cook beans ( see general instructions for soaking/cooking at <http://tinyurl.com/9za6fu>)
2. Add all ingredients to bowl and use hand blender to mix. Heat until bubbly. Garnish with cheddar cheese & sour cream (at my house this is a big component to the “kid-friendliness”!)