

Sweet Potato Black Bean Soup

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Serves 8

Serving size: 1 cup | Preparation time: 10 minutes | Cooking time: 45 minutes | Adapted from Flavor the Moments



A play of spicy and sweet to add a pop of color and flavor to this reimagined tex-mex main dish. It is so easy to make, just add your ingredients, and leave them to cook! If you don't like spicy foods, try swapping regular diced tomatoes for those canned with chiles, or any combination of the two.

Ingredients

- 1 tablespoon olive or vegetable oil
- 1 medium onion, chopped
- 3 cloves garlic, minced, or $\frac{3}{4}$ teaspoon garlic powder
- 2 teaspoons ground cumin
- 1.5 lbs. sweet potato (about 2 medium red, or white.), peeled, and cut into 1" cubes (regular potatoes can be substituted for sweet potatoes, if desired)
- 1 green or red bell pepper, seeded and chopped
- 1 cup corn, fresh, canned, or frozen
- 5 cups broth, chicken or veggie (add more if you prefer a brothier soup)
- 1 can black beans, rinsed and drained
- 2 (14.5 ounce) cans diced tomatoes and chiles with juice
- Salt and pepper, to taste

Optional

- $\frac{1}{4}$ cup chopped fresh cilantro
- Dollop of sour cream
- Sliced avocado or guacamole
- Tortilla chips



Directions

- Heat the oil in a large soup pot over medium heat.
- Add the onion and garlic and saute until softened, about 5 minutes or until the onion is transparent.
- Stir in the cumin and cook for 1 minute longer, stirring constantly.
- Add the sweet potato, bell pepper, and corn and saute for 2-3 minutes.
- Add the veggie broth, black beans, diced tomatoes, and salt and pepper to taste and bring to a boil.
- Once boiling, reduce heat to medium low and simmer for 20-30 minutes until the potatoes are tender (easily pierced with a fork).
- Remove from heat and adjust the seasoning if necessary. Serve warm with cilantro, sour cream, and tortilla chips.
Enjoy

Leftovers can be stored in an airtight container for 3-5 days, or frozen for up to three months.

Authors

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(function() { document.addEventListener('DOMContentLoaded', function() { // Query all images within
the fourColumnCarousel inside embed-feed const images = document.querySelectorAll('.embed-
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img.getAttribute('alt') || img.getAttribute('alt').trim() === "") { // Find the closest parent div.col-lg-3 which contains both
the image and the h3 const parentDiv = img.closest('.col-lg-3'); if (parentDiv) { // Query for the h3 within this parent
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