

Bean Soup – *Sopa de Frijol*

Ingredients

1 can beans, such as pinto or romano, drained (or 1 ½ cups homemade *frijoles de la olla*)
2 cups water (or liquid from the beans, if homemade)
¼ onion; peeled and chopped
1 tsp dry oregano (preferably Mexican oregano, or use marjoram)
1 tbsp oil

Salt and pepper, to taste

Tortilla chips (bagged, or homemade fried tortilla strips)

Optional (or omit for a vegan option):

4 tbsp Mexican cream (or sour cream diluted with milk)

4 tbsp fresh cheese, such as panela or light feta

Warm up oil in a pot over medium heat; add onion and sauté until translucent, then add the herbs; continue cooking and stirring for about half a minute, then incorporate beans and water. Bring to a boil, then reduce heat to a simmer, stirring occasionally, for another five minutes. Process with an immersion blender until smooth (or remove from heat and allow to cool for a few minutes, and process in a blender until smooth, then return to the pot); season with salt and pepper, to taste, and continue simmering for two minutes. Serve hot, topped with tortilla chips, for a vegan option (photo below, left), or sprinkle cheese and drizzle with cream, for a vegetarian protein boost:

