

## Deliciously Sherry Black Bean Soup

- 3 cans (15 oz each) black beans
- 1 can (14 oz) low sodium chicken broth
- 1/4 cup dry sherry
- 1 Tbsp olive oil
- 1 Tbsp **TSG Sun-Roasted Red Pepper Seasoning**
- 1 Tbsp **TSG Tearless Onion and Chives Seasoning Blend**
- 1 tsp **TSG Outrageously Garlic**
- 1 carrot, diced
- 1 stalk celery, diced
- Sour cream or plain yogurt

1. Empty beans into a 4-quart saucepan. Use a potato masher or the bottom of a large soup ladle to mash some of the beans.
2. Stir in remaining ingredients, except sour cream. Bring to a boil, stirring occasionally (this will take 8 to 10 minutes).
3. Reduce heat to medium. Simmer, uncovered, 15 minutes, stirring occasionally. Serve with a dollop of sour cream.

**Makes about 8 cups**