

# Pinto Bean Soup

**Serves Six**



## ***Soup Ingredients***

1 tablespoon olive oil  
3 cloves garlic, minced  
1 medium brown onion, chopped  
1 large stalk celery, diced  
2 small carrots, peeled and diced  
1 (14 ounce) can fire-roasted diced tomatoes  
2 medium Yukon Gold potatoes, peeled and diced  
1 teaspoon dried oregano  
1 teaspoon cumin  
1 teaspoon smoked paprika  
Red pepper flakes to taste  
2 bay leaves  
3 cups vegetable or chicken stock  
2 (14 ounce) cans pinto beans, drained and rinsed  
OR 4 cups homemade pinto beans  
Kosher salt and freshly ground pepper to taste

## **Top with:**

Sour cream and grated cheddar cheese

## **Steps**

1. Begin sauteing the garlic, onions, celery and carrots, in a large pot over medium-high heat stirring until translucent.
2. Add the canned tomatoes, potatoes, oregano, cumin, paprika, red pepper flakes, bay leaves, stock, and pinto beans. Bring mixture to a boil. Reduce heat to a simmer and continue cooking for about an hour or so until the beans are tender. Remove the bay leaves. Mash half of the bean/vegetable mixture with a potato masher to thicken the soup (or use an immersion blender). Taste for seasoning.
3. Ladle soup into servings bowls. Add freshly grated cheddar cheese and sour cream. Serve hot!