

BASE ESSENTIALS

Black Bean Spicy Sausage Soup

Ingredients:	Quantity	Unit	Notes
Base Essentials Ham Base	2	tsp.	
Base Essentials Chicken Base	2	tsp.	
Water	4	cups	
Olive Oil	2	Tbsn	
Black Beans	2	cans	
Spicy Sausage (To your liking)	12	oz	Diced 1/4"-3/8"
Garlic	3	cloves	Minced
Celery	2	ribs	chopped 1/4"
Red Onion	3/4	cup	chopped 1/4"
Red Pepper	1/2	cup	seeded and chopped 1/4"
Smoked Paprika	2	tsp.	
Chile Powder	1	tsp.	
Worcestershire Sauce	1	tsp.	
Fire Roasted Diced Tomato (Canned)	14	oz	
Fresh Cilantro	2	Tbsn	chopped
Green Onion	1	ea	sliced thin
Salt & Pepper			To taste

1. Add oil to large pan and cooked sausage until lightly browned but cooked thru
2. Remove 2/3 of the sausage and add garlic, celery, red onion and red pepper
3. Saute sausage and vegetable mix for about 4 minutes
4. Add paprika, chile powder and worcestershire sauce

