

Best Soup Recipes Cookbook Ever For Beginners: Black Bean Recipes with Ground Beef

Soup is a delicious and comforting meal that can be enjoyed by people of all ages. It's also a great way to use up leftover ingredients and stretch your budget. If you're new to cooking, soup is a great place to start. It's relatively easy to make and there are endless possibilities when it comes to flavors and ingredients.



Hello! 365 Soup Recipes: Best Soup Recipes Cookbook Ever For Beginners [Black Bean Recipes, Ground Beef Cookbook, Thai Curry Recipe, Tortilla Soup Recipe, Macaroni And Cheese Recipe] [Book 1] by Ms. Soup

★★★★☆ 4.1 out of 5

Language : English
File size : 1323 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 647 pages



This cookbook is packed with easy-to-follow recipes for delicious and hearty soups that are perfect for beginners. With a variety of flavors and ingredients to choose from, you're sure to find a soup that you'll love.

Black Bean Soup with Ground Beef

This soup is a classic for a reason. It's hearty, flavorful, and easy to make. The black beans and ground beef provide a good source of protein, while the vegetables add flavor and nutrients.

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 (10 ounce) can diced tomatoes with green chilies, undrained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the ground beef and cook until browned. Drain off any excess fat.

2. Add the onion and garlic to the pot and cook until softened, about 5 minutes.
3. Stir in the black beans, corn, tomatoes, chili powder, cumin, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the soup has thickened.
4. Serve hot with your favorite toppings, such as sour cream, shredded cheese, or tortilla chips.

Other Delicious Soup Recipes

In addition to the black bean soup recipe above, this cookbook includes a variety of other delicious and easy-to-make soups. Here are a few of our favorites:

- **Chicken Noodle Soup:** This classic soup is perfect for a cold winter day. It's made with chicken, noodles, vegetables, and a flavorful broth.
- **Tomato Soup:** This creamy and flavorful soup is made with fresh tomatoes, onions, garlic, and herbs. It's perfect for a light lunch or dinner.
- **Beef Stew:** This hearty stew is made with beef, vegetables, and a rich gravy. It's perfect for a cold winter night.
- **Vegetable Soup:** This healthy and flavorful soup is made with a variety of vegetables, such as carrots, celery, onions, and tomatoes. It's a great way to get your daily dose of vegetables.
- **Chili:** This classic soup is made with ground beef, beans, tomatoes, and spices. It's perfect for a tailgate party or a cold winter day.

This cookbook is a great resource for beginners who want to learn how to make delicious and hearty soups. With a variety of flavors and ingredients to choose from, you're sure to find a soup that you'll love.

So what are you waiting for? Get started cooking today!



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