



Makes 9 cups soup + 2 cups salsa
Preparation Time: 45 minutes
Cook Time: 25 minutes

INGREDIENTS:

2 cups chopped onion
3 cloves garlic, minced
1¼ cups chopped red bell pepper
1¼ cups chopped green bell pepper
1 32-oz. package low-sodium vegetable broth
3 cups chopped butternut squash
1 tablespoon salt-free Jamaican jerk seasoning
1½ cups chopped fresh mango
1 fresh jalapeño chile, seeded and finely chopped
¼ cup chopped fresh cilantro
3 tablespoons lime juice
2 15-oz. cans no-salt-added black beans, rinsed and drained (3 cups)
Sea salt, to taste
Freshly ground black, to taste

Jerk Black Bean Soup with Mango Salsa

This Caribbean-inspired black bean soup strikes the perfect balance between spicy, savory, and sweet. Creamy black beans, tender bell pepper, and earthy **butternut squash** are infused with Jamaican jerk seasoning to create a hearty stew that tickles the taste buds and satisfies a rumbling tummy. Blending a small amount of the soup gives it extra body to hold up all the delicious chunky veggies, and you could easily use an immersion blender if you don't want the hassle of transferring a portion of the soup to a standing blender and back. Once the right consistency is achieved, top each serving with a scoop of fresh **mango** salsa. The addition of jalapeño, cilantro, and lime juice really turn up the tropical taste, ensuring each bite is packed full of flavor that will leave you reaching for a second helping.

For more inspiration, check out these tasty ideas:

- [Jamaican Green Pea and Spinach Stew](#)
- [Jerk Grain Bowls with Air-Fried Plantain Chips](#)
- [Caribbean Sweet Potato Stew](#)
- [Jerk-Seasoned Veggies with Yuca](#)

By Nancy Macklin, RDN

- 1 In a large pot cook onion and garlic over medium 5 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2 Set aside 2 tablespoons of the red pepper for salsa. Add the remaining red pepper and the green pepper to pot; cook 3 minutes, stirring occasionally. Add vegetable broth, butternut squash, and jerk seasoning. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until squash is tender.
- 3 Meanwhile, for salsa, finely chop the 2 tablespoons reserved red pepper. In a medium bowl stir together the red pepper, mango, jalapeño, cilantro, and 2 tablespoons of the lime juice.
- 4 Add black beans to pot; simmer 5 minutes. Remove from heat. Transfer 3 cups of the soup to a blender; cover and blend until smooth. Return blended soup to pot. Add the remaining 1 tablespoon lime juice. Season with salt and black pepper. Top each serving with a generous spoonful of mango salsa.