



BLACK CAT BREAD BOWL



1. Gather your ingredients: 1 red bell pepper, sour cream, 3 cloves of garlic, a large bread loaf, 1 jalapeño pepper, 1 can of kidney beans, 3 cans of black beans, cheddar cheese, 1 small tomato, 1 red onion, vegetable broth, blue corn tortilla chips, chili powder, cumin and vegetable oil.



2. Prepare the vegetables for cooking. Mince the garlic, dice the tomato, red bell pepper, and red onion, and thinly slice the jalapeño.



3. Drain and rinse 3 cans of black beans. In a large bowl, gently mash them with a fork. Leave some beans whole.



4. Cut a large hole out of the middle of the bread loaf, leaving enough room to fill it with soup.



5. In a medium saucepan, heat 3 tablespoons of olive oil on medium heat. Add the minced garlic and the red onions, and allow them to sauté until they start to become translucent.



6. Add in the tomatoes and red bell peppers, along with salt and pepper to taste. Stir thoroughly.



7. Add 3 cups of vegetable broth, and bring the mixture back to a simmer.



8. Add 1 can of kidney beans – drained and rinsed – to the pot.



9. Add the 3 cans of mashed black beans. Stir thoroughly.



10. Add 3 teaspoons of chili powder and stir.



11. Add 1 teaspoon of cumin, and salt and pepper to taste. Stir thoroughly. Allow the mixture to simmer on low to medium heat for another 20 minutes until the soup becomes a thicker consistency.



12. Once the soup is ready, pour it into the bread bowl. Add two jalapeños for the irises and cut a black bean in half to create the pupils. Cut a piece of cheddar cheese into a triangle for the nose. Place these pieces on top of the soup.



13. Add tortilla chips for ears, and leftover pieces of onion and pepper for the mouth.



14. Using a plastic bag, pipe sour cream onto the soup to create whiskers.



15. Use a piece of bread from the part you cut out to create the tail. Eat it while it's warm so this adorable black cat doesn't scamper away! #HalloweenHills