

Black Bean Soup

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From Gretchen Hansen
Serves 6

INGREDIENTS

2 cups dry black beans, soaked overnight (do not throw out this water)
6 cups of water 1 Tbsp Olive oil 3 cups onion, chopped
10 medium cloves garlic, crushed 2 tsp cumin
2 tsp salt 1 medium carrot, diced
1 medium red or yellow bell pepper, diced 1-½ cups orange juice
black pepper (to taste) cayenne (to taste)
2 medium tomatoes, diced (or use 1/2 to 2/3 of a 15 oz. can)
Toppings: sour cream, cilantro, salsa

DIRECTIONS

1. Clean and soak beans overnight per directions on package.
2. Place the soaked beans in a heavy bottom stock pot or Dutch oven.
3. Measure the water that the beans were soaked in and add more water to make 6 cups.
4. Bring the beans to a boil, and then cover and simmer until tender (about 75 minutes).

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DIRECTIONS

5. Heat the olive oil in a large skillet, then add onions, half the garlic, cumin, salt and carrot.
6. Sauté until the carrot is just tender, 15-20 minutes.
7. Add the remaining garlic and the bell pepper. Sauté until everything is very tender, 10-15 minutes.
8. Add the sautéed mixture to the beans. Stir in the orange juice, black pepper, cayenne, and tomatoes.
9. Puree some of the soup in a blender or food processor, and then return it to kettle.
10. Simmer over low heat 10-15 minutes so flavors blend.

Serve topped with an artful arrangement of sour cream, cilantro and salsa.

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