

Black Bean Soup (Columbia)

Southern Living



Servings: 8

1 16-oz. Package Dried Black Beans

3 Quarts Water

3 Chicken Bouillon Cubes

1/2 Small Onion

1/2 Small Green Pepper

6 Cloves Garlic, Minced

2 Tablespoons Olive Oil

1 Teaspoon Dried Oregano

1 Teaspoon Ground Cumin

1 1/2 Teaspoons Sugar

1 Teaspoon Salt

1/2 Teaspoon Black pepper

Minced Onion for Garnish

Cook Time:

Wash beans and remove any foreign particles and debris. Soak the beans in water in a 6-quart stockpot for 8 hours. Rinse and drain the beans.

Bring the beans, 3 quarts of water, and the bouillon cubes to a boil. Cover, reduce heat to low, and simmer 3 hours. Do not drain.

Process the onion and the green pepper in a food processor until smooth, scraping down the sides.

Saute the garlic in hot oil in a large skillet over medium-high heat 1 minute. Add the onion mixture, and cook, stirring constantly for 4 minutes.

Stir the onion-garlic mixture into the beans. Add the oregano, cumin, sugar, salt, and black pepper. Simmer, uncovered, 1 1/2 - 2 hours, or until beans are tender and soup is thick. Serve hot, adding minced onion as a garnish.

This recipe is from the Columbia Restaurant in Tampa, Florida.

Per Serving (excluding unknown items): 47 Calories; 4g Fat (68.6% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 557mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.