

CARIBBEAN BLACK BEAN SOUP

F EASY

Last Modified: 10/06/2015

PREP: 45 Min
COOK: 1 Hr
STOVETOP

SOUP-VEGETABLE

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	15 Oz	Cans Black Beans (Bush's Best)	Undrained
2	Medium	Jalapeno Peppers (Stemmed & Seeded)	Fine Dice
4	Slices	Smoked Bacon (Thin Cut)	1/4" Lardons
1	Cup	Carrots	Fine Diced
1	Cup	Red Bell Pepper	Diced
1	Cup	Yellow Onion	Diced
4	Cloves	Garlic	Minced
1	Tsp	Ground Cumin	
1/2	Tsp	Ground Coriander	
1	12 Oz	Bottle Dark Beer (Porter - NOT Black)	
1	Tbsp	Dry Sherry (Christian Brothers)	
1	14 1/2 Oz	Can Vegetable Stock (Swanson)	
1	Whole	Lime Zested	
1	Whole	Lime Juiced	
1 +/-	Tsp	Adobo Seasoning	To Taste
1 +/-	Pinch	Kosher Salt	To Taste
1 +/-	Pinch	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS

4	Dollops	Sour Cream (Breakstone)	
1	Cup	Long Grain White Rice (Riceland)	Cooked

PREPARATION

FACTOID	The ingredients in this flavorful Soup are power packed with nutrients. Black Beans, are loaded with magnesium, fiber, potassium, and plant-based protein for tissue repair. Garlic and Onions are powerful antioxidants for fighting cancer, Peppers and Lime add in Vitamin C to provide antioxidants to boost immunity, and Carrots add in their own boost of Vitamin A and additional fiber, in other words - THIS IS REALLY GOOD FOR YOU. This Soup freezes extremely well and retains it's texture through several heatings.
NOTES	The Bacon and its associated fat are the ONLY ingredients that keeps this Soup from being Vegetarian. Substitute Vegetable Oil in it's place. Do as you will. . .
TOOLS	1) Large Stainless Steel Saucepan & Lid 2) Large Mixing Bowl 3) Potato Masher OR Food Processor

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PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Cut the Bacon Slices into 1/4" Lardons and set them aside. 2) Dice the Yellow Onions and set them aside. 3) Finely Dice the Carrots and add them on top of the Onions. 4) Dice the Red Pepper and add it top of the Onions. 5) Mince the Garlic Cloves add them top of the Onions. 6) Remove the Stem and Seeds from the Jalapeno's, finely dice them and add them on top of the Onions. 7) Zest the Lime and set it aside. 8) Squeeze the Juice out of the Lime and set it aside.
1	<p>MIREPOIX: In a large saucepan over medium high heat, add in the Bacon Lardons and cook while stirring often until the Bacon is soft-cooked, about 4 minutes. Reduce the heat to medium, stir in the Onions, Carrots, Bell Peppers, Garlic, Jalapeno's, Lime Zest, Cumin and Coriander. Stirring often, cook until the Carrots are tender, about 6 minutes.</p>
2	<p>ROUX: Meanwhile, in a food processor, combine 2 cans of the Black Beans, Beer and Vegetable Stock and puree until smooth. Stir the mixture into the Mirepoix.</p>
3	<p>SOUP: Add in the last 2 cans of Black Beans and bring it to a boil.</p>
4	<p>SOUP: Just prior to serving, stir in the Sherry, Lime juice, Rice (if using) and season to taste with Adobo Seasoning, Salt and Pepper.</p>
HINT	<p>If the Soup is too thick, you can easily thin it using a little hot Vegetable Stock.</p>
SERVE	<p>Ladle into bowls Drop a large dollop of Sour Cream on top and serve while hot with Soup Crackers on the side.</p>