

Bill's Black Bean Soup

A spicy meal in itself; makes 14-16 servings

Start with:

1000 g dried Black Beans

Weigh and pick over; rinse; add to large stock pot with 18 cups chicken or vegetable stock

Bring to a boil then lower heat; cook at medium-low for about 1 ½ hours

Sauté together the following in 2 Tablespoons vegetable oil:

4 stalks celery, diced

2 medium carrots, shredded

1 medium onion, minced

After the onion has sweated, add in 1 large potato, fine dice, and heat through.

Add this mixture to the soup after the soup has cooked for 1 ½ hours (as noted above), along with:

1 Tablespoon dried orégano, crushed

1 teaspoon savory, crushed

2 pks Sazón Goya

1 rounded Tablespoon Goya adobo powder

1 Tablespoon chipotle powder

1 rounded teaspoon sea salt

Allow to cook at a low simmer for ½ to 2 hours longer (depends on freshness of dried beans); when beans are tender:

Scoop out 1 cup broth and 2 cups solids from stock pot; purée carefully in blender then add 1 more cup of solids to the purée and purée again. Return this purée to the pot and stir well. Taste to adjust salt or other seasonings.

Should be allowed to rest before serving to allow the flavors to mellow and develop. Reheat if necessary before serving.

This soup freezes well: reheat gently so the beans retain their shape.

Serving suggestion: serve as is, or mix in 1/3 to ½ cup of cooked rice per cup of soup. With the rice (especially Basmati or brown), this soup contains a complete protein mix.