



Cuban Black Bean Soup

Serves six

16 oz. of soaked black beans
1 medium yellow onion – chopped
3 medium tomatoes – peeled and chopped
1 large carrot – peeled and diced
1 chili pepper – seeded, membrane removed and finely chopped
2 celery stalks with leaves – finely chopped
4 garlic cloves – minced
2 tsp. salt
2 tsp. black pepper
1 TBS cumin
1 tsp. dried oregano
8 cups boiling water
Chopped tomatoes, crumbled fresh cheese and chopped scallion greens for garnish

Place all of your ingredients in a slow cooker. Mix well and cover. Cook on high for 6 hours.

Uncover the pot and- if you have an immersion blender, blend until 3/4 of the soup is creamed. If you do not have one, let the soup cool for a little while and blend 3/4 of it, in batches, in a stand-up blender. Return the creamed soup to the pot with the remaining soup. Mix well. Taste for salt and re-season if necessary.

Ladle into bowls and garnish with chopped tomatoes, crumbled white cheese (I used Cotija) and chopped scallions.

Soup w/o garnish - CALORIES 258.36; FAT 1.34 grs (sat 0.26; mono 0.11; poly 0.47); PROTEIN 15.04 grs ; FIBER 11.95 grs; CARBS 48.49 grs; CHOLESTEROL 0.00 mg; IRON 3.8 mg; SODIUM 816.08 mg; CALCIUM 131.98 mg

