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Cooking With B.J.
Bridge View
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Cuban Black Bean Soup

Ingredients

- 2 T. peanut oil
- 1 large onion, chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 habañero chili pepper, seeded and diced
- 1 T. ground cumin seeds
- 2 tsp dried thyme leaves
- 2 bay leaves
- ½ tsp ground black pepper
- 1 lb. black turtle beans, rinsed and picked over to remove debris
- 1 (28 oz) can whole tomatoes, drained and diced
- 6 cups mineral or filtered water
- 1 cup chopped scallions
- 1 T. sherry vinegar
- 1 tsp minced fresh garlic
- ½ tsp habañero sauce or other hot pepper sauce
- 1 ½ tsp kosher salt

Directions

1. Preheat the oven to 325 degrees.
2. Heat the oil in a large stickpot over medium heat. Add the onion, celery, carrots, and habañero pepper and sweat for 4 minutes, until tender.
3. Add the cumin, thyme, bay leaves, and pepper and stir to coat the vegetables.
4. Add the beans, tomatoes, and water and bring to a boil.
5. Remove from the heat, cover, and place in the oven to slow cook for 2 hours, until the beans are tender.
6. Remove from the oven and place the pot over low heat.
7. Remove the bay leaves, puree about ¼ of the soup in a blender or food processor, and return to the pot.
8. Remove from the heat and stir in ½ cup of the scallions, vinegar, garlic, hot sauce, and salt.
9. To serve, ladle the soup into bowls and top with the remaining scallions.

Makes 12 cups