Cuban Black Bean Soup

Source: Eat Vegan on $4 a Day by Ellen Jaffe Jones

In this Caribbean classic, black beans are traditionally used to make a little meat go a long way when it’s in short supply or too expensive. You’ll never miss the meat in this version; the soup is quite tasty without it.

About the Recipe

Calories · Protein · Fiber
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 2/3 cup black beans
- 2 cups water
- 1 white onion
- 1 green bell pepper
- 3 garlic cloves
- 1 Tbsp vegetable bouillon
- 1 14.5 oz can unsalted diced tomatoes **optional*
- 1 4-oz can diced green chilies
- 1 tsp cumin

Directions

1. Rinse and soak the black beans. Drain the soaked, raw beans and put them in a large soup pot.
2. Add the vegetable bouillon and water to a large soup pot, simmer over medium high heat and stir until the bouillon dissolves. Add the black beans and bring to a boil over medium-high heat. Decrease the heat to medium-low, cover, and

cook for 1 1/2 hours, or until the beans are tender.

3. When the beans are cooked, stir in the chopped onion, chopped bell pepper, and minced garlic. Increase the heat to high and cook, stirring frequently, for about 5 minutes.
4. Stir in the optional tomatoes, undrained chilies, and cumin. Decrease the heat to low and simmer, stirring occasionally, for about 15 minutes, or until the flavors are blended.
5. Serve hot, garnished with the reserved onion.
6. Tip: This soup will keep for 1 week in the refrigerator, so double the recipe if you like.