



# Black Bean Soup

*Ron E. Smith*

## **Servings: 24**

*2 pounds dried black beans, cleaned  
& soaked*

*20 ounces carrots, small dice*

*10 ounces celery, small dice*

*12 ounces onion, small dice*

*6 fluid ounces tomato paste*

*32 fluid ounces vegetable stock*

*5 cups water*

*2 whole Pasilla de Oaxacaquena  
chiles or dried chipotle chiles*

*2 teaspoons ground Mexican oregano*

*1 1/2 tablespoons ground cumin*

*1 1/4 tablespoons salt*

## **STEP ONE:**

Clean the black beans for rocks-debris then soak overnight.

## **STEP TWO:**

Saute the carrots, celery and diced onion in a stock pot with 1/4 cup of canola oil. Sweat the vegetables until soft then add the vegetable stock and cook until the vegetable mix has softened further. With a stem blender or food processor puree the vegetable mixture then add the drained, soaked beans to the stock pot. Add the water to the pot and bring mixture to a soft boil. Add the Pasilla de Oaxacaqueno chiles, Mexican oregano, ground cumin and tomato paste. Cover the pot and cook at medium heat then lower heat and continue to cook covered for 2 hours, checking frequently to stir and prevent sticking. Add the salt after the beans have started to soften and soup has thickend. Allow to cool.

## **STEP THREE:**

After soup has cooled, using a immersion stemmed-blender, blend the soup to a thick consistency with some whole beans still intact. You may remove some whole beans from soup then add back in after pureeing.