



Black Bean Soup

Dominican Republic | Easy | 10-12 hours | 8 servings | Soup

Sour cream or salsa can also be added to the soup right before serving.



Tools and equipment

- ~ Stainless steel cooking pot
- ~ Stainless steel frying pan
- ~ Wooden spoon or other stirring tool
- ~ Bowl

Directions

- 1** Wash black beans and soak for eight to ten hours.
- 2** Place beans in cooking pot and add water, bay leaves and cocoa. Bring to a boil.
- 3** Simmer, uncovered, for two hours.
- 4** Heat oil (up to 120-140°C). Sauté onion, green pepper, and garlic until crisp-tender (three to five minutes).
- 5** Add sautéed ingredients to bean soup, adding vinegar, cumin, pepper, and salt. Cook for one hour.
- 6** Put tomatoes, onion, jalapeno peppers, avocado, lime juice, and cilantro mixed in a bowl.
- 7** Pour soup into bowls and add fresh ingredients.

Ingredients

Black bean, dry	900 g	Cumin	5 g
Water or vegetable broth	3 l	Black pepper	3 g
Bay leaf	2 units	Table salt	5 g
Cocoa powder	15 g	Tomato, diced	240 g
Onion, diced	150 g	Onion, minced	110 g
Green pepper, diced	120 g	Jalapeno pepper	15 g
Garlic, minced	6 g	Avocado, minced	130 g
Cooking oil	30 ml		
Vinegar	15 ml		